

cleanse tips!

**READ ALL OF THE MATERIAL, CLEANSE BOOK, SCHEDULE AND INSTRUCTION EMAILED TO YOU PRIOR TO BEGINNING YOUR CLEANSE

Essentials

DAILY PICKUP

- Ideally pickup for one day at a time. Although he will certainly accommodate up to two day pick up. You must let us know in notes and or email if this is the case
Anything beyond two days at a time please contact Blend & Press through telephone or email.
- You can enjoy an easy pickup once daily that will including all items, your smoothie & evening plant powered meal (if you do the full reset) when you come in the morning.
- Arrives anytime after 7:45am. If you will coming before 8am, our official open time, let our staff know.
- If your day starts early you can certainly pick up the afternoon before after 4pm. Let us know if you plan to do this.
- If you will be getting your reset in the morning, adjust the provided schedule accordingly. Just be sure to stay relatively close to Time increments for steps. This is to allow for best belly, brain and body benefit.
- We make your smoothie (#4) the morning of, so if you will be jetting in and out, let us know so we can have it ready and waiting.
- Let us know if you have any allergies or extreme aversions.
- If you will be expending extra energy, please consider an SOS mylk or press. This is great to have just in case you have a do more in a day than you expected or are feeling a little low in energy. We suggest to Choose our beauty milk, cashew milk, did more in a day than you expected or are feeling a little low energy. Choose our beauty milk, cashew milk, or a juice. This is optional and an additional charge but will be good after your plans. Great for new cleansers, extra active person , or if you are coming off of some less than ideal cravings (sugar, carbs)

- We have coffee on the schedule but you absolutely don't need to incorporate if you don't already. The important things to consider are if you have coffee, drop the creamer and have it black or with an approved sweetener. You can also grab a cashew milk from our bar and you said as a creamer.
- Do not give up caffeine cold turkey. If you are looking to have caffeine but an alternative, consider mate tea, Matcha (concentrated green tea) , green tea or white tea.
- add a day or two! If you're feeling great and want to add one or two days onto your road reset, let us know with at least 12 hours in advance so we can accommodate. If you are already resetting we will do our best to make it work! This is not uncommon. It's much easier than you would think.

- upon pick up check to be sure you have each one of your items. We do our best to make sure each bag is complete but please double check.

- During the process if you need anything let us know! Call, text the shop phone or email during the process if you need anything let us know! Call, text the shop phone or email.

THE SCHEDULE

- This is the foundation but don't get distracted with following the time specifically.
- Sleep and wake according to your body clock and adjust the schedule as you need
- be sure to allow proper amount of time between each step.
- We have many clients that do this once a week for 1 to 2 days. We have many clients that do this once a week for 1 to 2 days. monthly for 2-4 It depends on what your objectives are Quarterly for 3-5 days. It depends on your commitment to resetting, ultimate goals & budget
- If you plan to cleanse with co workers in group of 4 or more, let us know. You receive a deal. You must all cleanse at the same time and have proof of your connection.

LET US KNOW HOW YOU ARE DOING! WE CARE! WE WANT TO KNOW.