

# 14-DAY LYMPHATIC DETOX PROGRAM

Created by a Lymphatic Health Specialist for Ginger Lily  
Medspa



[WWW.GINGERLILYMEDSPA.COM](http://WWW.GINGERLILYMEDSPA.COM)



# PROGRAM GOALS:

- Stimulate stagnant lymph fluid
- Reduce puffiness and inflammation
- Improve post-surgical recovery
- Boost energy, digestion, and skin health
- Support immune resilience

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# WEEK 1: ACTIVATE & DRAIN

Focus: Open up lymphatic pathways and begin gentle detox

Day	Morning Routine	Meal Focus	Detox Action	Supplements/ Teas
Mon	Lemon-ginger water + rebound	Green smoothie + chia	Dry brushing	Cleavers tea + Milk Thistle
Tue	Detox tea + brisk walk	Steamed greens + quinoa	Lymphatic massage	Burdock root tea
Wed	Lymphatic yoga + lemon water	Lentil soup + cucumber salad	Epsom salt bath	Triphala at bedtime
Thu	Castor oil pack (liver)	Veggie stir-fry + wild rice	Facial cupping	Ginger root tea
Fri	Breathwork + walk	Grilled salmon + kale	Sauna	Turmeric + Chlorophyll drops
Sat	Dance/stretch + lemon water	Chickpeas + roasted veggies	Cold shower rinse	Red clover tea
Sun	Rest + journaling	Bone broth + steamed spinach	Restorative yoga	Dandelion tea + Probiotic

# WEEK 2: DEEP CLEANSE & REPLENISH

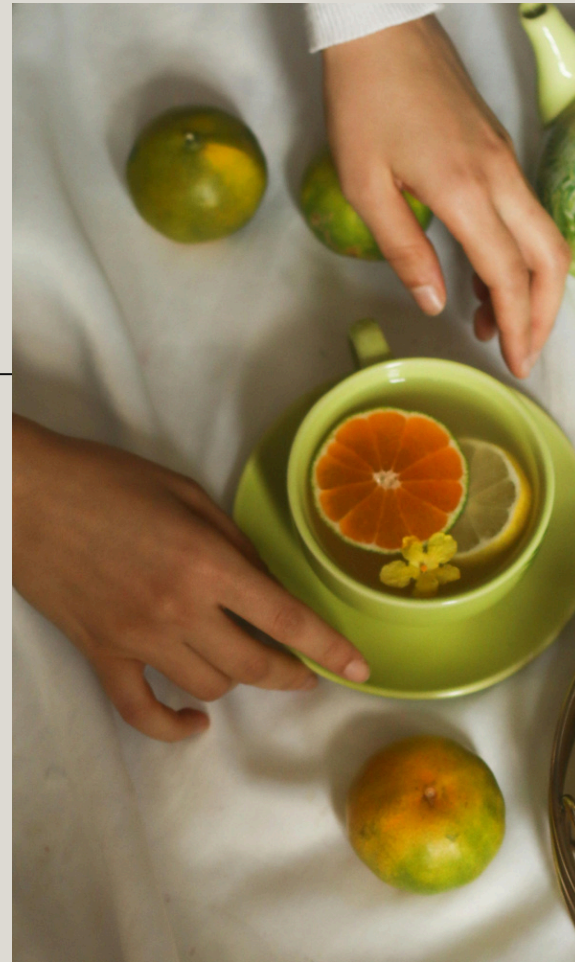
Focus: Intensify detox, nourish organs, and restore vitality

Day	Morning Routine	Meal Focus	Detox Action	Supplements/Teas
Mon	Oil pulling + stretching	Quinoa bowl + avocado	Skin brushing	Ashwagandha + Nettle tea
Tue	Liver flush (ACV + lemon)	Tofu + cabbage salad	Castor oil pack	Spirulina + Chlorella
Wed	Meditation + lymph yoga	Baked sweet potato + tahini	Sauna/massage	Chamomile + Mint tea
Thu	Face dunk + walk	Grilled chicken + greens	Cold rinse	Dandelion + Cleavers tea
Fri	Breathwork + brushing	Smoothie (turmeric, banana, flax)	Facial gua sha	Collagen + Magnesium
Sat	Dance/stretch + lemon water	Bok choy stir-fry + tempeh	Infrared sauna	Reishi capsule
Sun	Gratitude + rest	Healing soup	Gentle stretching	Hibiscus tea + Probiotic



# DAILY DETOX TEA RECIPE:

- 1 tsp dandelion root
- $\frac{1}{2}$  tsp cleavers
- $\frac{1}{4}$  tsp grated ginger
- 1 slice lemon
- Steep 10 mins, sip warm



# RECOMMENDED HERBAL SUPPLEMENTS:

- Cleavers tincture
- Triphala
- Milk Thistle
- Magnesium Glycinate
- Turmeric (Curcumin)
- Chlorella/Spirulina



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# FOODS TO ENJOY:

- Greens (kale, collards)
- Berries & citrus
- Avocado, olive oil
- Beets, carrots
- Bone broth, lentils, wild rice
- Ginger, garlic, turmeric

# FOODS TO AVOID:

- Dairy, red meat
- Gluten, sugar
- Alcohol, fried foods
- Processed snacks

## GINGER LILY MEDSPA ADD-ON SERVICES:

Service	Benefit
Lymphatic Massage	Flush stagnant fluid
Liver Detox Injections	Boost metabolism
MICC Skinny Shots	Weight Loss
Lipo Cavitation	Circulation/muscle boost
Coffee Scrub	Exfoliation/flow



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## Track Progress: Daily journal:

Energy (1-10)-----

Bloating/swelling-----

Mood-----

Sleep-----

Digestion-----

Skin clarity-----

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