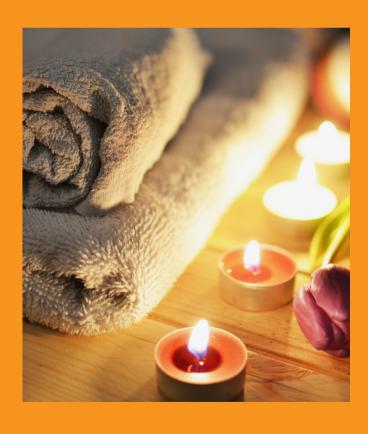
## 10 DIY Detox Therapies

- Castor oil packs
   Dry brushing
   Tongue scraping
   oil pulling
   Celery juice/ Juicing
- 6. Lemon water7.Foot detox8. Epsom salt baths9. Infrared saunas
- 10. Vibration therapy



Rest, Relax, slow & Easy!