

10 DIY Detox Therapies

1. Castor oil packs
2. Dry brushing
3. Tongue scraping
4. oil pulling
5. Celery juice/ Juicing
6. Lemon water
7. Foot detox
8. Epsom salt baths
9. Infrared saunas
10. Vibration therapy



**Rest, Relax,
slow & Easy!**