



# THE ULTIMATE DETOX GUIDE

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# THE BOOTEALICIOUS DETOX GUIDE

If you're like most ladies, you might've heard about detoxes through your Insta feed or while at yoga, but you're still not super clear on what a detox actually is. In short, detoxing is the process of flushing out nasty toxins from within their body, with the help of a change in diet, exercise, or with the help of tea!

**Babe, however you choose to detox is up to you!**

**Hold up, what are toxins?** When we're talking about toxins, we're referring to all the substances that we come into contact with on the daily, that can build up within us and cause our body harm. Don't panic though, as there's no realistic way to avoid all the toxins in the world. Instead, a detox every now and again is a great choice!

When you're detoxing, you're basically helping those organs in your body that already flush out toxins on a daily basis, such as the liver or kidneys, do their job a whole lot better. Your beautiful body needs these systems in good shape to ensure you're living a balanced lifestyle! By detoxing, you're basically ensuring these systems are at the top of their game, and help ensure your entire body is healthy.

Think you're in need of a detox? Common signs that you're in need of a cleanse include inability to focus, mental and physical fatigue, weight gain, muscle aches, constipation, and sensitive skin.

Detoxing ain't easy though, so we suggest that our Bootealicious babes only detox once every three months, to help keep things spaced out and moving within your body. If this sounds like way too often for you, no worries! Detoxing twice a year, around the start of summer and the beginning of winter, is also a great idea.

Wait up! Before you get started on your detox, it's a good idea to talk to your doctor to figure out whether or not detoxing is right for you. This detox guide is in no way meant to replace the knowledge and expertise of medical professional!

Alright babe, so you're down to detox? Here are some tips and tricks to get the most out of your detox!



# TIP 01

## DUMP THE JUNK. CHOOSE NATURAL, WHOLESOME FOODS WHEN YOU'RE DETOXING.

Just because you're detoxing, it doesn't mean you need to drop your fav foods. Stick with organic fruits and veggies, whole grains and seeds, and free-range animal products. Aim for three full meals a day; skipping a meal is only going to set you up for some unhealthy binging later on.

### JUST REMEMBER THIS!

- Increase your intake of fresh fruits and vegetables.
- Don't skip out on meals.
- Avoid fried foods, refined sugar, white flour, and other processed foods.





# TIP 02

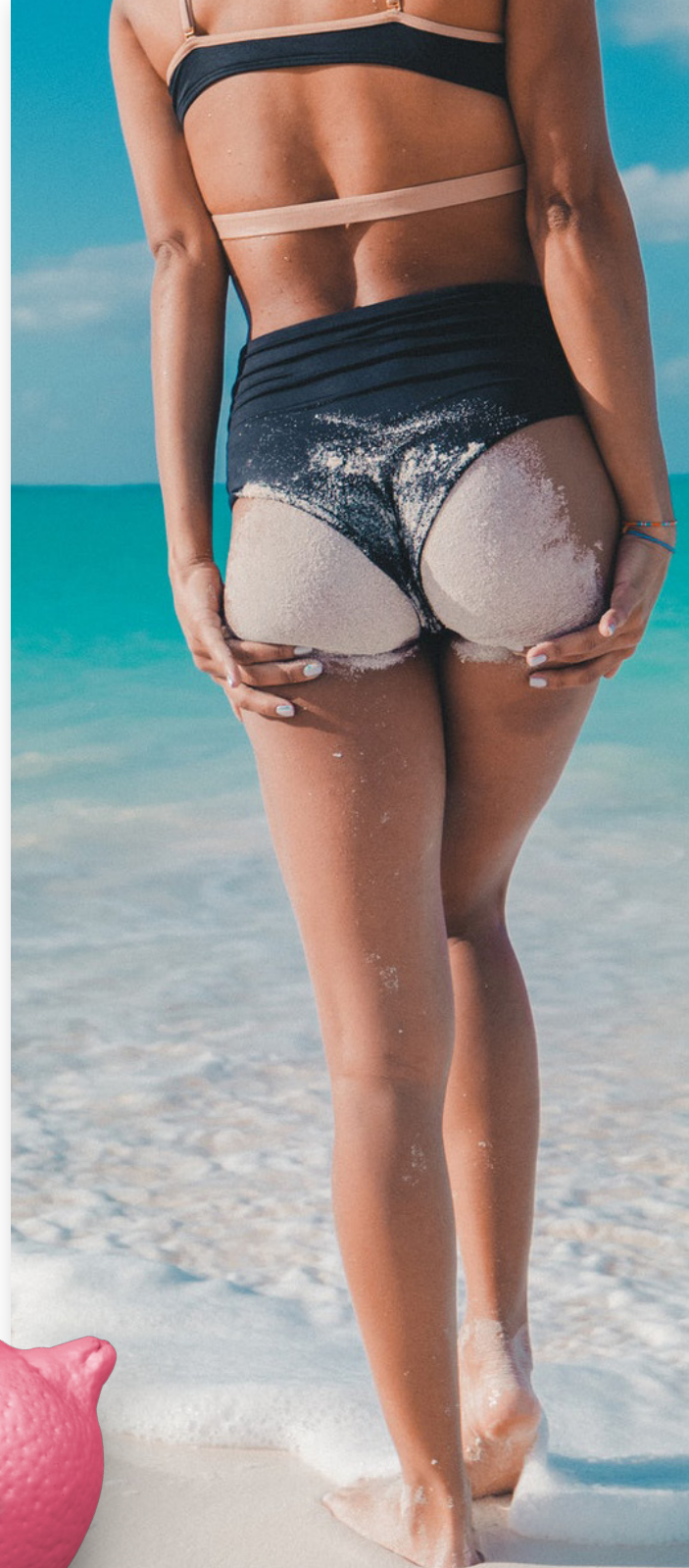
## DRINK WATER. LOTS AND LOTS OF WATER!

Listen here babe; for your detox to work, you're going to need a whole lot of liquid to help flush all of the toxins out of your body. Water helps to keep everything working properly, and improves detox results!

We suggest drinking about eight glasses of water per day, along with your Bootealicious teatox.

### JUST REMEMBER THIS!

- Stay hydrated with water and tea.
- Avoid drinking soda and alcohol, as those can dehydrate you more.
- Aim to drink about 8 glasses of water or tea a day



# TIP 03

## GET THAT BOOTY MOVING!

If you're serious about your detox, you're gonna have to get out there and exercise on the daily.

Going for a jog, doing some yoga, or dancing the night away with your friends are all great ways to release the tension that builds up in your body. Just make sure to stretch afterwards!

### JUST REMEMBER THIS!

- Include some gentle exercise into your day.
- Stretch after you exercise, to bust up lactic acid.
- Exercise can also help you to relax better!





# TIP 04

## GET SOME BEAUTY REST.

Us babes live busy lives, so it can be tough to get that oh so necessary beauty rest. Try unplugging from social a few hours before bed allows your brain to relax. It's tempting to scroll through your feed and like some photos, but it'll be worth it! Also, if you're having an especially hard time sleeping, using an eye mask and/or earplugs can help tremendously. Trust us.

### JUST REMEMBER THIS!

- Unplug and destress before bedtime to help prepare for sleep.
- Take a nice relaxing bath to help relax before bed.
- Quality of sleep is important, invest in an eye mask or earplugs if needed.





# TIP 05

## BREATHE, BABE!

Start your day off right with some fresh air. Whether this is a walk to work, or opening a window to let the air in; our lungs CRAVE fresh oxygen, which also helps our blood pump more effectively, improving your detox results!

### JUST REMEMBER THIS!

- Get some fresh air at the start of each and every day.
- Going for a morning walk is a super easy way to bring more oxygen into your body.
- Fresh air can improve your detox results!





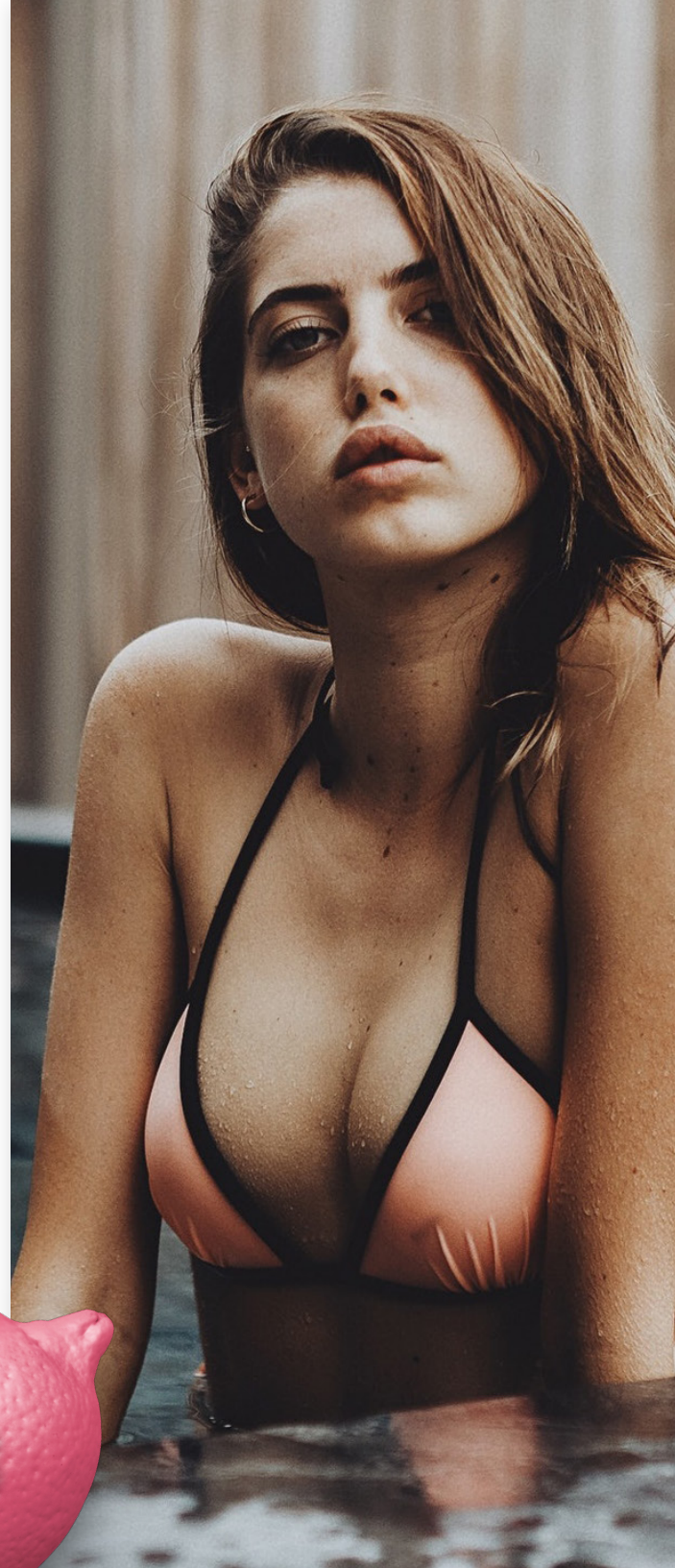
# TIP 06

## TREAT YO' SKIN!

Who doesn't love getting all done up for a night out? We use a lot of makeup on the daily, so why not treat your skin during your detox? Your skin plays a super important role in flushing out toxins, so treating yourself to a gentle massage with a brittle brush can help promote blood flow to the skin.

### JUST REMEMBER THIS!

- Encouraging circulation to the skin can help to expel toxins from your body.
- A brush massage at the start of each day can help to wake your entire body up.
- Try a no-makeup look for a few days, to give your skin a break.





# TIP 07

## YEAH, DON'T TRY THE FOLLOWING.

There are no shortcuts in life babe, so don't fall for using laxatives to detox. Using these are cheating your body of a quality detox, and will do more harm than good in long run. Trust us, they're a bad idea.

It's going to be tempting but avoid binge eating before you start your detox. Stuffing all your unhealthy favs into one meal before you detox is going to set you up for a bad time, even before your detox starts. Use the time before the detox to help ease into that a lifestyle.

When you finish your detox, don't go and celebrate with a big cake. We're proud of your accomplishment, but an unhealthy meal is going to set you back further at this point. Stick with the healthy habits you picked up by detoxing!

Babe, you're gonna have to commit yourself to this 100% if you want to get ready for swimsuit season. If you realize something is going to be distracting you from your detox goals, don't

sweat it, just reschedule your detox to another chunk of time that allows you to focus best.

We mentioned this before but stick to eating three, wholesome meals on a daily basis. Starving yourself is never a good idea, no matter how much weight you're aiming to lose. Doing so can lead to exhaustion and dehydration which are no fun, and can ruin your detox results.

### JUST REMEMBER THIS!

- Stay the heck away from laxatives and weight-loss supplements.
- Keep a steady, healthy diet during your detox for best results.
- You get out of your detox what you put into it. Commit 100%!



# WHY TEATOX?

**A TEATOX IS GOING TO BE YOUR PARTNER IN CRIME DURING YOUR DETOX SESSION, BUT WHAT'S THE RIGHT DETOX TEA FOR YOU?**

You're going to want to stick to a blend that contains milk thistle, dandelion, turmeric, artichoke and/or beet leaf. These herbs promote the flow of bile and aid liver function.





# BOOTEALICIOUS TEAS



## YAS QUEEN

Need a little help getting your sexy back?

Grab a cup of Yas Queen high-performance 14-DAY detox tea, and feel your fine-self come back to life with every sip.



## SOO EXTRA

Want to take that EXTRA step in your detox journey? We've got you covered! Give your body the boost it needs to achieve your weight loss goals with this high-performance 28-DAY detox tea.



## SLAAY

You've already got it goin' on... so treat your body with our super 7-DAY detox to stay on top. Drink Slaaay tea to help keep your body slim and trim all week!



## WORK.IT.OUT

Shout-out to our workout Babes! Pump up your exercise routine and burn more fat with this secret weapon you've been looking for.



## ON FLEEK

You work hard for your hot bod. But for those weeks when you need to boost the burn, this tea will help you stay sleek and on fleek!



# POP SOME CHAMPAGNE!

## YOUR FREE DETOX PLANNER

How it works: We suggest doing week-long detox sessions. They can be one week, two weeks; maybe even more! Print out your Weekly Bootealicious Detox Planner and check the box when you've completed 1 of the 10 daily steps!



# YOUR WEEKLY BOOTEALICIOUS DETOX PLANNER

## DAY 01

Enjoy My Morning  
Cup of Detox Tea

Air Out The  
House

Eat My Healthy  
Breakfast

Eat My Healthy  
Lunch

I drank at least 2L  
water today

Daily Workout  
Routine

Daily Relaxation  
Routine

Eat My Healthy  
Dinner

Enjoy Evening Cup  
of Detox Tea

Good Night's Sleep

## DAY 02

Enjoy My Morning  
Cup of Detox Tea

Air Out The  
House

Eat My Healthy  
Breakfast

Eat My Healthy  
Lunch

I drank at least 2L  
water today

Daily Workout  
Routine

Daily Relaxation  
Routine

Eat My Healthy  
Dinner

Enjoy Evening Cup  
of Detox Tea

Good Night's Sleep

## DAY 03

Enjoy My Morning  
Cup of Detox Tea

Air Out The  
House

Eat My Healthy  
Breakfast

Eat My Healthy  
Lunch

I drank at least 2L  
water today

Daily Workout  
Routine

Daily Relaxation  
Routine

Eat My Healthy  
Dinner

Enjoy Evening Cup  
of Detox Tea

Good Night's Sleep

## DAY 04

Enjoy My Morning  
Cup of Detox Tea

Air Out The  
House

Eat My Healthy  
Breakfast

Eat My Healthy  
Lunch

I drank at least 2L  
water today

Daily Workout  
Routine

Daily Relaxation  
Routine

Eat My Healthy  
Dinner

Enjoy Evening Cup  
of Detox Tea

Good Night's Sleep

## DAY 05

Enjoy My Morning  
Cup of Detox Tea

Air Out The  
House

Eat My Healthy  
Breakfast

Eat My Healthy  
Lunch

I drank at least 2L  
water today

Daily Workout  
Routine

Daily Relaxation  
Routine

Eat My Healthy  
Dinner

Enjoy Evening Cup  
of Detox Tea

Good Night's Sleep

## DAY 06

Enjoy My Morning  
Cup of Detox Tea

Air Out The  
House

Eat My Healthy  
Breakfast

Eat My Healthy  
Lunch

I drank at least 2L  
water today

Daily Workout  
Routine

Daily Relaxation  
Routine

Eat My Healthy  
Dinner

Enjoy Evening Cup  
of Detox Tea

Good Night's Sleep

## DAY 07

Enjoy My Morning  
Cup of Detox Tea

Air Out The  
House

Eat My Healthy  
Breakfast

Eat My Healthy  
Lunch

I drank at least 2L  
water today

Daily Workout  
Routine

Daily Relaxation  
Routine

Eat My Healthy  
Dinner

Enjoy Evening Cup  
of Detox Tea

Good Night's Sleep



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