



YOUR WEEK SCHEDULE

Every day is a fresh start.

FRESH UP MONDAY

Monday ... The perfect start for a DETOX week

Start with a Green Smoothie. An alkaline-rich nutrition helps to bring the acid-alkaline level back to balance.



Tip:
2 pears, 1 banana,
1 hand-full spinach,
250 ml water

An optimal cleansing is part of a perfect start. Start fresh into the week with the DAYTOX Cleansing Foam, the subsequently used DAYTOX Hydrating H Serum as well as the DAYTOX Rich Cream.

Get the metabolism to work. Grap your running/walking shoes and go outside for 15-20 minutes. A short walk also supports the digestion.

SMOOTH TUESDAY



First day is successfully over ... It is time for a wonderful mask day. An alkaline treatment which removes impurities and cleanses deeply.

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To drink sufficiently is one of the keys of a successful DETOX week. Enjoy a pot of wonderful DAYTOX Organic Tea. If herbal or fruity ... You have the choice.

It is time for a soothing care routine. Enjoy 30 minutes lying in the DAYTOX Mineral Salt Bath. Your skin will feel wonderful soft. For a perfect round-off, use DAYTOX Body Lotion afterwards.

Cleanse the face with the DAYTOX Cleansing Foam. Afterwards, apply the DAYTOX Clay Mask. It will remove impurities and smooth the skin. For the perfect round-off, use the unique DAYTOX Hydrating H Serum and subsequently either DAYTOX Rich Cream or DAYTOX Daily Hydration.

VITALISING WEDNESDAY

Tip: Drink 2-3 litre per day. A glass of lukewarm water helps to support the detoxification process.

Allow yourself enough sleep. 8 hours per night are ideal. The metabolism is active and slags are excreted.

Cleanse your face with the DAYTOX Cleansing Foam. Subsequently, apply DAYTOX Hydrating H Serum and afterwards DAYTOX Rich Cream or DAYTOX Daily Hydration which spend sufficient moisturization. Wrinkles get reduced and free radicals are defended ... for a youthful fresh complexion.



GORGEOUS

The soft nurturing DAYTOX Body Wash will cleanse your skin gently. The subsequently applied DAYTOX Body Lotion regenerates and moisturizes stressed skin.

Tip: try to give up on alcohol for the week and if possible also on coffee.

You will see, it does miracles.

PEEL OFF THURSDAY

The name says it all. The DAYTOX Enzyme Peeling removes sebum and prevents impurities. Subsequently used DAYTOX Hydrating H Serum and DAYTOX Rich Cream or DAYTOX Daily Hydration gives the skin a wonderful clean feeling. DAYTOX Eye Lift revives the part around the eye.

Exercise, Exercise, Exercise



Change your nutrition for one week. The goal is to spare acid nutrition and switch to alkaline products.

Dish-Tip: Pumpkin soup, beetroot soup or zucchini-cucumber soup.

The clou: Eat enough vegetables!

Round off your successful DETOX day by using a detoxifying peeling, DAYTOX Body Scrub and lotion the skin with DAYTOX Body Lotion. Enjoy a soft and toned skin feeling for the rest of the day.

Wonderful!

RELAXING FRIDAY

Start your Friday relaxed, with a tasteful DAYTOX tea.

Release the skin from all the impurities, using DAYTOX Clay Mask.



ENJOY LIFE IT'S
Delicious



Tip: Choose organic products as often as possible.

Treat yourself with a delicious green salad. There are various creations such as spinach, quinoa and avocado.

For a wonderful round-off, enjoy the relaxing DAYTOX Mineral Salt Bath.

OILY SATURDAY

Treat yourself with precious oils of the DAYTOX range.

Cleanse your skin with DAYTOX Body Wash. The subsequently used DAYTOX Body Oil contains nurturing oils and antioxidative ingredients, which support the skin's cell renewal and regeneration. For a more toned skin and elasticity.



Congratulations

to an almost finished DETOX week. Start the end of the week with a green smoothie or a big fruit salad.

Tip: Sunday offers enough time for a long walk.

Release the skin from the last dead cells by using DAYTOX Body Scrub. Afterwards, moisturize the skin by using DAYTOX Body Lotion. For a toned skin feeling.

The skin also needs to be released from all impurities. DAYTOX Enzyme Peeling has a deep-cleansing effect. Subsequently used DAYTOX Face Oil and DAYTOX Rich Cream or DAYTOX Daily Hydration has a soothing effect on the skin.

time is NOW.