



# 3 OF THE BEST

## *Anti-ageing juice cleanses*

### Honestly Healthy 3-day cleanse

#### WHAT YOU GET

15 smoothies and soups and a timetable instructing when to take them. My fav was the cucumber, kale, broccoli & pear smoothie.

#### THE EXPERIENCE

I don't have a sweet tooth so the juices' delicious sweet and savoury flavours satisfied my palate, which made the three days much more bearable. Plus, having two warm soups every day rather than just cold smoothies or juices eased the process – I felt like I was eating something 'proper' and this makes it great for the winter months. The cleanse is really easy to follow as everything is numbered and there's a simple plan to follow.

#### THE RESULTS

If you can get through the second day, where I felt pretty angry about anything and everything (I think I was processing toxins), it's totally worth it as by the end of the cleanse I was full of energy. My stomach felt less bloated and people commented on my skin looking clearer. My bowel movements were more regular too!

**Tester:** Hannah Tudor

**Costs:** £199, visit [honestlyhealthyfood.com](http://honestlyhealthyfood.com)

### Purifyne Anti-ageing cleanse

#### WHAT YOU GET

12 green juices, three Brazil nut milks, three spicy lemonades, Colosan powder, arthred collagen powder, antiox cysteine free capsules.

#### THE EXPERIENCE

I loved this cleanse. The green juices are delicious with combinations like celery, lettuce, fennel, parsley, lime & ginger. There's a handy timetable that tells you when to have a juice and the various supplements to have with it, plus further advice on when to body brush, or have a hot Epsom salt bath. I found the cleanse easy but be warned – the Colosan powder really does clean out the bowels – I had to lower my dose as the results were somewhat uncomfortable at first.

#### THE RESULTS

By day three my energy levels were brilliant. It's recommended your last juice of the day be one with celery for its sedative effects, and I definitely slept very well and looked healthier. The extra advice and supplements included with this plan do make it feel special, and I enjoyed following the instructions – there was always something to do!

**Tester:** Amy Walsh

**Costs:** £250, visit [purifynecleanse.com](http://purifynecleanse.com)

### Fruveju Evolve cleanse

#### WHAT YOU GET

Four green juices per day, one spicy lemonade and one cashew nut milk, plus ice packs and a handy cool bag for if you're juicing on the move.

#### THE EXPERIENCE

Fruveju say this is its hardcore cleanse for experienced juicers, but I chose it because all the juices are green (kale, lemon, ginger, celery, spinach cucumber, green apple and spring green) and there are no fruit ones. They're all numbered in the order you need to take them – cashew nut milk is last and is a real treat if you're craving something sweet at the end of the day (it's cashew milk, vanilla, cinnamon, coconut nectar and filtered water – mmm!).

#### THE RESULTS

I felt really virtuous drinking only green juices for three days and I slept really well each night. If you're not keen on green juice, go for one of their other options, but I was in heaven! The first two evenings I felt really, really tired but by day three I was buzzing and my face looked so much fresher and more awake.

**Tester:** Allison Jacobs

**Costs:** £200, visit [fruveju.com](http://fruveju.com)