

# DO CELEB JUICE CLEANSERS REALLY WORK?

A HOST OF STARS SWEAR BY LIQUID  
DETOXES TO HELP KEEP IN SHAPE.  
WE PUT THE BEST TO THE TEST...



## PLENISH

**TESTER:** Busola Evans.

**COST:** £240 for a three-day cleanse.

**CELEBRITY FANS:** Gwyneth Paltrow (left), who called it the best juice cleanse in the UK!

**WHAT DID IT INVOLVE?** I received six cold-pressed organic juices each day, ranging from Sweet Sexy Green (pear, kale, cucumber, romaine, spinach, basil, broccoli) to Cashew M\*lk (filtered water, cashew nuts, dates, vanilla and cinnamon).

You're advised to eat 'cleanly' for three days beforehand to help reduce the shock to the system.



**HOW TOUGH WAS IT?:** Surprisingly easy. I had expected bad withdrawal symptoms but didn't have them, possibly because I'm not a tea or coffee drinker. I was drinking a juice every two hours so never felt hungry, although I missed chewing!

**WEIGHT LOSS:** 4lb.

**ANY WEIGHT GAIN IN 48HRS?** 1lb.

**VERDICT:** I wasn't surprised I lost weight, but was impressed I was still 3lb down two days later. Felt great and had enough energy on day two to go for a 5km run. Would definitely recommend.

**FOR MORE INFORMATION:** Go to [www.plenishcleanse.com](http://www.plenishcleanse.com).



If you don't want the hassle of prepping your own juices, there are plenty of companies to do the hard work for you



## THE JUICE WELL

**TESTER:** Danielle Harrison.

**COST:** £147 for three days.

**CELEBRITY FANS:** Lily Cole, Victoria Beckham (right) and Orlando Bloom.

**WHAT DID IT INVOLVE?** Six 'Rainbow Cleanse' juices and two bottles of Reverse Osmosis Water to help flush out your toxins. The juices were an interesting mix – Spicy Gazpacho was tomato, watermelon and red chilli, while Hunger Buster had chia gel and charcoal!

**HOW TOUGH WAS IT?** It was tough mentally. The juices were filling, but for the first couple of days I felt bloated from drinking so much fluid, and my energy levels were low.

**WEIGHT LOSS:** 3lb, but my measurements showed better results – I lost ½in from my tummy and a ¼in off each thigh.

**ANY WEIGHT GAIN IN 48HRS?** The weight did go back on once I started eating solids again, but my measurements remained the same.

**VERDICT:** It was an easy plan to follow and the benefits of each juice were on the label so I could see the nutrients I was feeding my body.

**FOR MORE INFORMATION:** Go to [www.thejuicewell.hk](http://www.thejuicewell.hk).



## PURIFYNE CLEANSE

**TESTER:** Kirsty Tyler.

**COST:** £249 for the three-day Signature juice cleanse.

**CELEBRITY FANS:** Suki Waterhouse (right), Lauren Goodger and Laura Haddock.

**WHAT DID IT INVOLVE?** You drink four 500ml organic juices a day, which all taste good. Flavours include carrot, apple and ginger and pear, celery, broccoli and ginger. You also get one bottle of Spicy Lemonade per day (which contains water, lemon, agave nectar and cayenne pepper) and a bottle of coconut water. You're asked to take spirulina, Udo's Oil, liver support capsules and green superfoods in the morning. You're also encouraged to take one tablespoon of Colosan powder, a colon cleanser, every day.

**HOW TOUGH WAS IT?** I was surprised I didn't really feel hungry. I did have a bad headache the first day, caused by caffeine and sugar withdrawal. I also had an upset tummy at first, presumably caused by the Colosan, so I took that for the first day only instead of all three days.

**WEIGHT LOSS:** 7lb

**ANY WEIGHT GAIN IN 48HRS?** 4lb.

**VERDICT:** Great for cleansing the system and flushing out toxins but watch out for the headache!

**FOR MORE INFORMATION:** Go to [www.purifynecleanse.com](http://www.purifynecleanse.com).

