

## THE VANGUARD ISSUE

### Clean Up Your Act

HIT YOUR BODY'S RESET BUTTON WITH A DOSE OF DETOX

Whether the goal is to make skin glow, improve digestion, lose a few pounds or just feel healthier overall, these products promise the real deal.



For 15 days, mix the Glisodin Skin Nutrients Advanced Detoxification Formula sachets with water and drink up to detoxify the liver, kidneys, intestines and skin. **\$125 for 30 count**

Have fresh organic juices, teas and superfoods delivered daily with the iZO CleanzTe Juice Feast, designed to cleanse the blood, liver and kidneys as well as increase metabolism and total wellness. Starting at \$100 per day, [izocleanze.com](http://izocleanze.com)



Super by Dr. Nicholas Perricone Super Detox Elixir with Watercress spray detoxifies, minimizes pores and refreshes the skin. **\$30 for 4 oz., [sephora.com](http://sephora.com)**

Lose up to six inches in two weeks with the Rodial Crash Diet, capable of melting fat, eliminating toxins and reducing cellulite with a gel, smoothie sachets or sticks of metabolism-boosting ingredients. **\$60 for 14 sticks, \$60 for 10 sachets, \$90 for 150 ml. of gel, Nordstrom**



The pure botanicals and herbs in the Boscia Clarifying Detox Mask draw out impurities and control excess oil for all skin types. **\$25 for 2.8 oz., [sephora.com](http://sephora.com)**



Exfoliate skin and improve circulation and lymphatic drainage with the Elemis Body Brush to minimize cellulite and keep skin looking young. **\$44, [timetospa.com](http://timetospa.com)**

The Organic Pharmacy Detox Kit contains colon cleanse capsules, superantioxidants, phytonutrients, cellulite body oil and other goodies to get you in tip-top shape in 10 days. **\$274, [theorganicpharmacy.com](http://theorganicpharmacy.com)**

