

The Top Ten (science-backed) Benefits Of A Juice Cleanse

Join us on a journey
of rejuvenation & revitalization



Welcome!

If you're feeling a little low on energy, have sluggish digestion, carrying a few extra pounds, or just feeling a bit flat and run down in general, a juice cleanse could be the perfect way to set you back on track.

At Maison de Lunel, we invite you to embark on a transformative journey through one of our Organic Juice Detox and Yoga Retreats. With our carefully designed juice detox programme, you'll cleanse your digestive system, eliminate toxins, and replenish your body with nourishing organic juices.

Whether you're seeking physical revitalization or inner peace, Maison de Lunel promises an unforgettable experience that will leave you feeling lighter, re-energized, and deeply fulfilled. Set within 35 acres of beautiful fields and woodland, immerse yourself in the serenity of nature... allowing your mind, body, and soul to realign.

Our programme, which is often described as a "life-changing" experience combines freshly prepared organic juices and nutritious soups with daily yoga sessions, grounding meditation, guided nature walks, relaxing massage treatments, and educational wellness workshops.



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Natural & Organic Juice Detox

Each designed to complement each other, these elements create a holistic detox retreat experience that nurtures your body, mind, and spirit.

Studies have shown that even just a 3-day juice cleanse can help to promote the growth of beneficial gut bacteria, aid with weight loss, enhance heart health, and boost general well-being. Backed by science, our juice cleanse programme offers numerous benefits for your overall health and happiness.

Whether you're seeking to boost your energy levels, improve your digestion, shed some excess weight, or simply revitalize your overall wellbeing, a 7-day juice cleanse at Maison de Lunel is the perfect way to recalibrate and rejuvenate.

Over the next couple of pages, discover the Top 10 Science-Backed Benefits of a Juice Cleanse and feel inspired to join us and experience the transformative power of our Organic Juice Detox & Yoga retreats firsthand.

See you soon xx

TOP TEN (SCIENCE-BACKED) BENEFITS OF A JUICE CLEANSE...

01

Enhance Your Digestive Health

Struggling with bloating, discomfort, or irregularity?

Reset your gut health swiftly and effectively with a juice cleanse. By reducing the workload on your digestive system (we spend around 70% of our energy everyday digesting and managing food), juicing allows it to heal and rejuvenate while absorbing vital nutrients. Clearing out the colon and digestive tract promotes efficient digestion and nutrient absorption, fostering overall well-being. Furthermore, a cleanse can help restore the regularity of your digestive patterns and kick-start a sluggish system. Modern lifestyles, including processed foods, medications, and stress, can disrupt gut function, however, a cleanse followed by the introduction of some simple healthy new habits can restore and maintain digestive health effectively.

02

Elevate Your Vitality - Boost Your Energy

Contrary to popular belief, a juice cleanse can actually boost your energy levels significantly. While experiences may vary, most individuals notice a substantial increase in energy overall. Juicing provides your body with easily absorbed nutrients, fueling clean and sustained energy without the typical highs and lows associated with sugar or caffeine. By eliminating toxins and ensuring proper hydration, a juice cleanse helps optimize your natural energy reserves. Say goodbye to feeling depleted and hello to renewed vitality with our juice cleanse programme.

03

Reduce Inflammation & Strengthen Immunity

Research indicates that juice cleanses effectively reduce inflammation throughout the body. In today's world, chronic inflammation is rampant due to environmental pollutants, processed foods, and other toxins. A juice cleanse aids in detoxification by eliminating stored toxins and supplying the body with essential nutrients that combat inflammation. Cold-pressed juices are rich in vitamins, minerals, and phytonutrients, supporting the body's natural healing processes. By cleansing and restoring vital organs, a juice cleanse fortifies the immune system, crucial for warding off illness and disease. Take the first step towards a healthier, inflammation-free lifestyle with our rejuvenating juice cleanse programme.

04

Achieve Sustainable. Healthy Weight Loss

By swapping processed foods, saturated fats, and sugary treats with fresh, cold-pressed juices, you naturally shed excess weight. Juice cleanses are low in calories yet packed with essential nutrients and hydration, facilitating weight loss without deprivation. Moreover, embarking on a cleanse jumpstarts long-term lifestyle changes conducive to continued weight management. By curbing appetite and reducing cravings for comfort foods high in sodium, sugar, and fat, a juice cleanse serves as a catalyst for adopting a balanced diet. Unlock the path to a healthier, sustainable you with our transformative juice cleanse programme.



05

Achieve Radiant, Hydrated, Glowing Skin

Boost your hydration levels and revitalize your complexion with a juice cleanse. More than 50% of the population consume less than the recommended daily fluid intake, hindering optimal bodily functions and skin health. Our cleanse combines superior hydration with essential nutrients, resulting in a transformative effect on both your internal vitality and external appearance. By flushing out toxins and replenishing your skin with abundant hydration and antioxidants, a juice cleanse promotes a radiant complexion and vibrant eyes. Experience the lasting benefits of glowing skin and renewed vitality with our rejuvenating juice cleanse programme.

06

Establishing Healthy New Habits and Routines

Embarking on a cleanse offers a powerful opportunity to break free from old, negative food habits that hinder your well-being. Whether it's mindless snacking, emotional eating, or poor dietary choices, these habits are prevalent in today's fast-paced world. By committing to a juice cleanse, you initiate a fresh start for both body and mind. During the cleanse, your appetite naturally decreases, and cravings for troublesome foods diminish. This shift allows you to embrace healthier eating patterns and overcome addictive cycles that may have held you back. As you nourish your body with nutrient-rich juices, you'll not only feel physically rejuvenated but also empowered to make positive choices. Say goodbye to old habits and hello to a vibrant, liberated version of yourself with our transformative juice cleanse programme.

07

Detoxify Your Body

In today's world, exposure to environmental toxins is inevitable, even with a healthy lifestyle. Our liver, responsible for detoxification, can become overwhelmed by the constant influx of toxins, leading to cellular damage. A juice cleanse provides the liver with much-needed rest and restoration, allowing it to function optimally. Packed with plant-based nutrients like antioxidants and anti-inflammatories, our nutrient-dense juices support the body's natural detox process, eliminating accumulated toxins.

08

Enhance Mental & Spiritual Clarity

Unhealthy foods often leave us feeling sluggish and mentally foggy. A cleanse revitalizes mental clarity by eliminating these toxins and providing essential hydration. Many participants report heightened mental focus and concentration during and after the cleanse. Additionally, the cleanse offers a unique opportunity for spiritual introspection, as you disconnect from harmful substances and reconnect with your inner self. This clarity facilitates deeper insights and a stronger connection to your intuition, guiding you towards a more balanced and enlightened state of wellbeing and a stronger connection with yourself.



09

Reduce Stress & Enhance Sleep Quality

Juicing naturally lowers cortisol levels, easing stress and anxiety without resorting to supplements. During a cleanse, your body receives a diverse array of nutrients, leafy green vegetables, for example, are high in magnesium, a relaxing mineral that can lower stress and also help improve sleep quality. Combining a juice cleanse with a retreat offers a comprehensive approach to combating stress and insomnia. Many common foods, as well as environmental factors, contribute to stress and disrupt sleep patterns, particularly sugar, alcohol, and caffeine. A juice cleanse facilitates physical and emotional relaxation, allowing your body to unwind and restore its natural rhythms. Combined with gentle yoga, massage, meditation, and calming activities, it creates an ideal environment for restful slumber and a good night's sleep.

10

Enhance Your Mood & Well-being

Just as food influences stress and sleep, it also impacts mood. Overeating or unhealthy eating habits can lead to depression and low self-esteem. By eliminating toxins and restoring vitality, a cleanse fosters a sense of well-being and boosts mood. Improved physical health leads to increased energy, motivation, and confidence, while reducing ailments like body pain and headaches. As your physical health improves, so does your mental well-being, fostering a more loving and compassionate relationship with yourself. A juice cleanse serves as a powerful first step towards a happier, healthier you.



I really hope you found the Top 10 Benefits helpful and that it has inspired you explore the fabulous world of juicing.

If you would like to experience one of our Organic Juice Detox & Yoga retreats please do get in touch...

We would love for you to join us!

Much love
Ross xx

Happy Juicing!





annabel w wrote a review 9 May

1 contribution

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A Great Stay at Maison De Lunel

I had a wonderful week at Maison de Lunel. The location is peaceful and rural with incredible views and countryside to explore. Ross and Neil made the stay, nothing was too much trouble. The yoga, the sound baths and breath work were all inspiring. We had lovely daily walks with Neil to get out and about. Ross's juices were tasty, full of nutrition and I learnt so much about healthy food and ways, that I will use at home. Incredibly I wasn't hungry once! A very special retreat. I left calmer, refreshed, healthier and relaxed.

[Read more](#) ▾

Date of stay: May 2024



Elizabeth B

wrote a review

1 contribution

2 weeks ago

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Phenomenal retreat

This was a wonderful experience. The dedication and care from Ross and Neil was excellent and I learnt so much together with making friends and getting healthier. I couldn't recommend Maison de Lunel more highly!

Review collected in partnership with this hotel ⓘ

Date visited **Jan 2025**
Trip type **Solo**



juliamariow

wrote a review

1 contribution

London, United Kingdom



Maria K

wrote a review

5 contributions

PROPERTY'S FAVORITE REVIEW



Oct 2024

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The most pleasantly healthy week of my life

It was the most pleasantly healthy week of my life. The juices were just enough not to make me struggle with hunger, the caffeine cleanse was not at all as difficult as I expected, we did twice a day yoga and other exercises, I used the sauna and the hot tub daily and my body felt great. Ross and Neil are amazing hosts! Ross is a very knowledgeable and talented cook and passionate about health and good food. I will be back.

Date visited **Sep 2024**
Trip type **Solo**



Ha K

wrote a review

2 contributions



2 weeks ago

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Get healthy to lose weight, don't lose weight to get healthy

I love the place and keep going back. Already my 5th time. Feeling super healthy and much lighter after just a few days. Even though I have no health issues I still go to prevent any later issues and trying to higher the quality of my life when I age

Review collected in partnership with this hotel ⓘ

Date visited **Jan 2025**
Trip type **Solo**



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