

Simple ways to
cleanse, detoxify
and rejuvenate.



Reset your sleep schedule.

Don't skimp on sleep. Make sure you get 7-9 hours of shut-eye every night.



Increase your water intake.

Hydrate to flush out your system. From herbal teas to fruit infused water to fresh juices, there's no dearth of options.



Get back to exercising.

Hit the gym, walk, swim, just get moving to burn the calories you would have accumulated during the festive binge.



Eat healthy balanced meals.

Stop eating junk food and get back to eating fresh fruits, green leafy vegetables, salads and healthy nuts and seeds.



Practice mindfulness.

Meditate to cut out all the noise. Practise mindful breathing even while you go about your daily routine to improve your focus and calm your mind.



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