

# THE GREEN WARD

## HEALTH & WELLBEING



**CLEANSING & BALANCING  
MIND, BODY AND SOUL**

## CLEANSING & BALANCING

### Lemons

The health benefits of lemons are impressive. Adding lemon to your water should have you reaching for a glass when you realise how amazing they are for your mind, body and soul!

Lemons are the ultimate detoxifier for our bodies as they help the liver to flush out toxins. They also support digestion, purify the blood, balance PH levels, rejuvenate and heal the body, plus they are rich in vitamin C.

### LEMON DETOX WATER

**Tall glass of water  
Juice of 1 whole lemon**

**Add lemon juice to the water, for an extra zing, crush or grate ½ inch knob of ginger and also add to the water**



**Drink every morning**

# HEALING & SOOTHING

## Coconut Oil

Truly the king of superfoods! Over 1,500 studies show coconut oil to be the healthiest food on the planet.

### Medicinal Uses

FIGHTS INFLAMMATION  
BOOSTS IMMUNITY  
BALANCES HORMONES  
SUPPORTS DEPRESSION  
BLOOD SUGAR STABILIZER  
CURE TREATMENT FOR  
EZCEMA & PSORIASIS  
PREVENTS BONE LOSS &  
OSTEOPOROSIS  
CANCER PROTECTION  
SUPPORTS DIGESTION  
CONSTIPATION RELIEF  
BRAIN HEALTH  
FIGHTS ACNES  
KILLS CANDIDA  
FAT BURNING  
AIDS SLEEP

### Food Uses

NATURAL ENERGY BOOSTER  
SPORTS DRINK REPLACEMENT  
TOPPINGS FOR BAKED POTATOES  
HEALTHY POPCORN TOPPING  
MAKE HEALTHY MAYONNAISE  
NATURAL THROAT LOZENGE  
COOKING AT HIGH HEAT  
CREAMER FOR COFFEE  
REPLACE UNHEALTHY FATS WHEN  
COOKING  
REPLACEMENT FOR NON STICK  
COOKING SPRAYS  
BOOSTS NUTRIENTS IN  
SMOOTHIES  
BUTTERING TOAST

### Beauty Uses

SKIN MOISTURIZER  
REDUCES WRINKLES  
REDUCES STRETCH MARKS  
NATURAL MOUTHWASH  
COCONUT OIL PULLING  
NATURAL DEODORANT  
SUNSCREEN PROTECTOR  
EYE MAKE UP REMOVER  
COLD SORE TREATMENT  
SUNBURN REMEDY  
HAIR CONDITIONER  
ANTIFUNGAL CREAM  
INSECT REPELLENT  
LIP BALM



# MIND, BODY AND SOUL

## Bath Detox

These detoxifying ingredients will balance mind, body and soul by reducing stress, improving sleep and help your muscles and nerves to function smoothly.

**Epsom Salts** - contains sulphates which are essential for healthy joints, skin and nervous tissue. They also contain magnesium which can relieve symptoms of depression, reduce anxiety and improves sleep. Both of these minerals can be absorbed through the skin and taken into the blood stream.

**Extra Virgin Olive Oil** - is rich in vitamins, minerals and natural fatty acids which nourishes, rejuvenates and protects the skin. Perfect as a carrier oil for:

- **Frankincense Essential Oil** - relaxes and creates a feeling of peace and helps fight anxiety.
- **Lavender Essential Oil** - is excellent for aching muscles, relaxation and stress relief.
- **Bergamot Essential Oil** - can enhance your mood, has anti-bacterial properties and heals scars.

**Body Mitt** - helps remove dead skin build up, stimulates the lymphatic system to eliminate waste and leaves the skin looking brighter, smoother and softer.

### Directions:

Sprinkle 1 - 2 tablespoon of Epsom salts into warm running bath water, add half a teaspoon of each blended oil. Relax.



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## HEALTH & WELLBEING

*“The most profound influences on your health and wellbeing are the cumulative effects of the decisions you make about your diet and lifestyle”*

We have carefully produced pamper box sets with a mix of ingredients to restore and rebalance your mind, body and soul.

### BODY CARE BOX SET £79

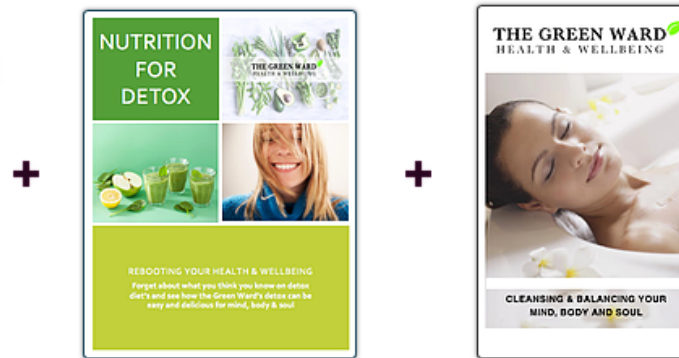


- The Green Ward's Organic Natural Supplement Mix for smoothies (50g)
- Organic whole Flaxseed (65g)
- Organic first pressed coconut oil (30ml)
- Organic unwaxed lemon
- The Green Ward's Anti-inflammatory Spices Mix for seasoning (50g)
- Fine Grade Pink Himalayan Salt (30g)
- The Green Ward Organic Detox Essential Oils: Lavender, Bergamot & Frankincense (10ml each)
- Detox Epsom Salts (100g)
- Loofah Body Mitt
- Nutrition For Detox Booklet
- Cleansing & Balancing Brochure
- Detox Mind & Body Brochure

# THE GREEN WARD

HEALTH & WELLBEING

## DETOX BOX SET £49



- Organic first pressed coconut oil (30ml)
- Organic unwaxed lemon
- The Green Ward's Organic Essential Oils: Lavender, Bergamot & Frankincense (10ml each)
- Detox Epsom Salts (100g)
- Loofah Body Mitt
- Nutrition for Detox Booklet
- Detox Mind & Body Brochure

To purchase the pamper box sets please contact us at [contact@thegreenward.com](mailto:contact@thegreenward.com) or call (+44) 0207 537 1286

[www.thegreenward.com](http://www.thegreenward.com)