



THE JUICE Revolution

I certainly see myself as a firm foodie and rather than being a dazzling cook, I prefer to admit defeat and order in or eat out. This way I know the food is always cooked, prepared and delivered. Convenience, suitability, ease - check, check, check. However the problem becomes quite apparent when your waistline doesn't quite benefit from all these indulgent dinners.

I went on the hunt for quality food that is in its purest form. That means no colourants, no preservatives, no additives or added sugar, no 'low-fat lies' and lite labels but rather taking us back to basics. What I am about to share with you literally changed my life, okay that's a bit dramatic, rather it changed the way I view life, the way I understand my body and most pivotally it changed my relationship with food. All this in only seven days. It is called the 7 Day Super Juice and Soup Diet from Juice Revolution.

So what's involved? Basically you don't have to lift a finger because the Juice Revolution delivers four cold pressed juices and a soup per day for seven days as well as herbal teas and supplements. The juices and soups are all delivered to your front door, blast frozen, labelled and ready to be devoured.

The results are revolutionary! What comes, as the biggest surprise is you genuinely aren't always that hungry. At times it is even difficult

to finish a whole juice. Because your body is getting all the right nutrients and vitamins and your system starts to get raw 'live' nutrients in a liquid form it begins to 'be truly fed on a cellular level'. Of course I had hunger pains, and I could not stop eyeing out the cookie jar, but I wasn't actually physically hungry, plus every single juice was downright delicious, so that helps a lot. Day two was probably the hardest, because I almost caved to my caffeine craving but after day four I acknowledged how real my food addiction is (specifically to sugar) and so I learned to unlearn the compulsion to eat junk. Fiona's daily encouraging emails kept me focused and made sure that I finished strong every day. Day five, six and seven were smooth sailing, especially because on day six and seven you get a salad for dinner!

The best part about all this is you don't count the calories. The Juice Revolution eliminates the diet mentality. You also sleep beautifully and love yourself a little extra because you know you are feeding and nourishing your body. Oh and bonus, I lost 1.5kg, yippy!

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By Bianca Malesky

Celebrate mom with the Angels of Parkhurst at Sherbet Angel Salon



Mother's day is the day where we honour our mothers and we found the perfect setting to do just that... Sherbet Angel in Parkhurst. The salon has a way of connecting with women and simply put it, is your home away from home. Owner Lisa Rautenbach says "I strongly believe what makes us unique is our passion; it is truly something special to see and feel. The other unique thing is that Sherbet Angel is a family team started by my Mother Joanne Gardner. The love for our business shows through each member of our team and all treatments given to each one of our clients."

So what's in store for our special mums for the month of May? We know that Sherbet Angel celebrates women and honours

femininity and this Mothers Day is no exception. They will be offering a package deal for you and the hero you call Mom. The package includes a High Tea for two, Back, Neck and Shoulder Massage with a Self Heating Back Scrub and an O'lala Pedicure. (Plus if you book now you will get 50% off your Mother's day package). Mom will enjoy the freedom to unwind, relax and appreciate the comfort of the most luxurious treatments tailor made exclusively for her. The Angels are determined to create a space where all mothers feel uplifted and part of the Angel family.

BONUS: The angels will be introducing The Beauty Budget - no more excuses ladies! Every month you will feel special because "Me

Time" should be a monthly fix. This solution will ensure you spend time on yourself because it'll be treated as a monthly expense, like your health insurance. It is our right as women to feel beautiful and special. Women thrive on it! Let the Angels guide you!

P.S they will also be hosting a Mother's Day event - Ladies Day... the only thing you have to bring along is your Mother. Easy peasy! Details will be on all social media platforms or call to enquire.

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