



JUICE MENU

Offered from 11:00am – 1:30pm

THE FALLS DETOX

\$8

OUR MOST POPULAR **GREEN JUICE**. IT IS A GREAT JUICE FOR ANY OCCASION, ESPECIALLY AFTER RECEIVING A MASSAGE LIKE OUR **CELLULITE MASSAGE**. MASSAGES LIKE THESE RELEASE TOXINS, BREAK UP FATTY DEPOSITS AND REMOVE EXCESS **H2O**. AFTER ANY MASSAGE IT IS IMPORTANT TO DRINK PLENTY OF **H2O** TO FLUSH YOUR SYSTEM. **THE FALLS DETOX** JUICE IS JUST THE CHERRY ON TOP WITH PLENTY OF **GREENS** TO GIVE YOUR NEWLY REFRESHED BODY EXACTLY WHAT IT NEEDS!

- **CELERY:** PROVIDES ANTI-INFLAMMATORY AID AND FIBER TO EASE AND REGULATE DIGESTION
- **CUCUMBER:** FLUSHES TOXINS AND HYDRATES
- **APPLE:** OFFERS ANTIOXIDANTS AND FIBER TO EASE AND REGULATE DIGESTION
- **KALE & PARSLEY:** BRING FOLIC ACID, ESSENTIAL NUTRIENTS, ANTI-INFLAMMATORY AID AND FIBER TO EASE AND REGULATE DIGESTION
- **GINGER:** BOOSTS THE IMMUNE SYSTEM
- **TURMERIC:** AN ANTIOXIDANT AND ANTI-INFLAMMATORY
- **LEMON:** AIDS DIGESTION AND PROMOTES WEIGHT LOSS

THE MILLSTONE SQUEEZE

\$8

THIS IS A GREAT GENERAL JUICE TO DO AFTER ANY SERVICE! ESPECIALLY SERVICES SUCH AS THE **MILLSTONE FARM FACIAL OR MASSAGE** THAT USE LAVENDER TO CALM YOUR NERVOUS SYSTEM AND AID IN ANTI-INFLAMMATION. THE PINEAPPLE IN THIS JUICE COMPLIMENTS THE LAVENDER PERFECTLY BY HELPING REPAIR DAMAGED CELLS! AND IN SEASON, CUCUMBER, ROMAINE AND CELERY GROWN ON OUR **PROPERTY'S OWN MILLSTONE FARM** OFFER THE TRUE SOIL TO SPA EXPERIENCE!

- **PINEAPPLE:** ANTI-INFLAMMATORY AID AND HELPS REPAIR DAMAGED CELLS
- **GINGER:** BOOSTS THE IMMUNE SYSTEM
- **CUCUMBER/ROMAINE:** FLUSHES TOXINS AND HYDRATES
- **CELERY:** ACTS AS AN ANTI-INFLAMMATORY AND PROVIDES FIBER THAT EASES AND REGULATES DIGESTION

THE BUTTERMILK BUMP

\$8

JUICING IS AN EXCELLENT WAY TO GET VITAL NUTRIENTS TO **YOU AND YOUR BABY!** IT IS HIGHLY RECOMMENDED THAT AFTER YOUR **MATERNAL MASSAGE** YOU BOOST YOUR BABY BUMP WITH THIS VITAMIN A, VITAMIN C AND FOLIC ACID PACKED JUICE! IT EVEN HAS FRESH GINGER IN THE MIX TO HELP WITH ANY STOMACH DISCOMFORT OR NAUSEA!

- **CARROTS:** OFFER VITAMINS A AND C
- **KALE & PARSLEY:** PROVIDE FOLIC ACID
- **GINGER:** BOOSTS THE IMMUNE SYSTEM AND ACTS AS AN ANTI-NAUSEA
- **APPLE:** GIVE ANTIOXIDANTS AND FIBER TO EASE AND REGULATE DIGESTION