

SHAMBALA DETOX JUICES



@ 50.000 RP each

+ 21% Tax and Service





Refresh & Revitalize with Shambala's Detox Menu

Dear Guest,

We are excited to invite you to explore the rejuvenating world of our Shambala Detox Menu. Our carefully crafted health drinks are designed to refresh, cleanse, and energize your body and mind.



From liver-cleansing beet and ginger juices to immune-boosting citrus blends, each drink is a fusion of natural ingredients with powerful health benefits. Whether you're looking to detoxify your body, boost your immune system, or simply enjoy a burst of natural energy, our diverse menu offers something for everyone.



Join us at the Shambala and indulge in the flavors of well-being. Our health drinks are more than just a refreshing experience; they're a step towards a healthier, more vibrant you.

We look forward to sharing our passion for Health and Wellness with you!



Orange & Ginger Detox Drink

The turmeric in this drink works wonders for your aching bones post-workout. A glass of this detox drink every day will benefit your body in wonderful ways.

Ingredients

- 1 Large carrot
- 2 Oranges
- 1/2 inch raw turmeric (crushed)
- 1/2 inch ginger (crushed)
- 1/2 Lemon (juiced)
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• How to Make Orange and Ginger Detox Drink

- Juice the orange and carrot separately.
- Pour the juice into a blender and add turmeric and ginger.
- Blend for 30 seconds and then squeeze half the lemon.
- Strain and serve.

JAMU Turmeric Wellness Drink

Ingredients

- - 1 large carrot
- - 2 oranges, peeled
- - 1 apple
- - 1-inch piece of fresh turmeric root (or 1/2 tsp of turmeric powder)
- - 1-inch piece of fresh ginger root
- - 1/2 lemon, peeled
- - A pinch of black pepper (to enhance turmeric absorption)

Health Benefits

1. Turmeric: The main active ingredient in turmeric is curcumin, known for its powerful anti-inflammatory and antioxidant properties. It can help in reducing inflammation in the body, which is beneficial for conditions like arthritis and may also help in managing oxidative stress.

2. Ginger: Similar to turmeric, ginger has anti-inflammatory and antioxidant effects. It's also known for aiding digestion and alleviating nausea.

3. Carrots: Rich in beta-carotene, which the body converts into vitamin A, carrots are great for eye health. They also provide fiber, vitamin K, and potassium.

• **4 Black Pepper**:** Contains piperine, which significantly enhances the absorption of curcumin in the body.

• 1/2 orange, squeezed and juiced

AVC DETOX Drink

Start your day with this easy detox drink made with Apple Cider Vinegar, full of prebiotics, postbiotics, and antioxidants, you'll glow from the inside out.

Ingredients

- 1 tablespoon apple cider vinegar
- 1 cup water
- 1/2 lemon sliced
- 1/4 cucumber sliced
- 1/2 orange, squeezed and juiced

Directions

Pour water into a cup or glass. Add sliced lemon and cucumber. Stir for about 30 seconds, allowing the fruit to infuse into the water. Next, add the ACV and orange juice. Stir one more time and sip on an empty stomach (wait at least 20 minutes before eating).

Wash and slice the cucumber and lemon and rinse the mint. Place cucumber and lemon into a water jug. Fill the jug with water, mix, and leave to steep overnight in the fridge. You can keep topping off the jug with more water for a few days until you need to change the fruits and herbs.

Liver Cleansing Detox Juice

Ingredients:

- 2 beets (medium-sized)
- 3 carrots
- 1 green apple
- 1/2 lemon, peeled
- 1-inch piece of ginger root

Preparation:

Juice all ingredients, starting with the ginger, followed by the beets, carrots, apple, and lemon.

Health Benefits:

This juice is excellent for liver detoxification. Beets and carrots are high in antioxidants and nutrients vital for liver health. Ginger and lemon boost digestion and add a cleansing effect, while the apple provides a natural sweetness and additional antioxidants.

Kidney Flush Detox Juice

Ingredients:

- 1 cucumber
- 3 celery stalks
- 2 pears
- 1/2 lemon, peeled
- 1/2 bunch of parsley

Preparation: Juice all ingredients, starting with the parsley, followed by celery, cucumber, pears, and lemon.

Health Benefits:

This juice is ideal for supporting kidney health and flushing out toxins.

Cucumbers and celery are high in water content and assist in the elimination of toxins. Parsley is known for its kidney cleansing properties, while pears and lemon add a refreshing taste and aid digestion.

Immune Boosting Detox Juice

Ingredients:

- 1 large orange, peeled
- 1/2 grapefruit, peeled
- 3 carrots
- 1-inch piece of turmeric root (or 1/2 tsp turmeric powder)
- 1/2-inch piece of ginger root

Preparation: Juice all ingredients, starting with the ginger and turmeric, followed by the carrots, orange, and grapefruit.

Health Benefits:

This juice boosts the immune system and reduces inflammation. Oranges and grapefruit are rich in vitamin C, which is crucial for immune function. Turmeric and ginger are both known for their anti-inflammatory and antioxidant properties. Carrots add a sweet flavor and is packed with beta-carotene, supporting overall health.

Carrot & Spinach Juice

This juice is low in calories and has great amounts of fiber and antioxidants, such as carotene, lutein, and zeaxanthin. Therefore, it is an excellent option for detoxing, losing weight, and reducing bloating.

Ingredients:

- 1 medium carrot
- 1 spinach stalk
- 200 ml of water

How to prepare:

Remove the spinach leaves from the stalk and wash well. Wash the carrot and cut it into slices. Place all the ingredients in the blender and blend until the mixture is very homogeneous. Transfer the juice to a glass and drink afterward, preferably without straining or sweetening.

This detox juice has an average of 56 **calories**.

Passion Fruit & Spirulina Juice

Health Benefits of Spirulina:

Immune System Support: Spirulina is known for its immune-boosting properties.

Antioxidant and Anti-inflammatory: Its high antioxidant content helps fight oxidative stress and may reduce inflammation.

Cholesterol Regulation: Spirulina can help lower LDL (bad) cholesterol and increase HDL (good) cholesterol.

Blood Pressure: It may help lower blood pressure in individuals with hypertension.

Blood Sugar Control: Some studies suggest spirulina can aid in stabilizing blood sugar levels.

Ingredients:

- 1 teaspoon of Spirulina powder
- Pulp of 1/2 passion fruit
- 150 ml of coconut water

Watermelon, Cashew & Cinnamon Juice

Cinnamon contains thermogenic actions that speed-up metabolism and increases fat burning. Each 250 mL serving contains about 83 calories.

Ingredients:

- 1 medium slice of watermelon
- Juice of 1 lemon
- 150 ml of coconut water
- 1 teaspoon of cinnamon
- 1 small handful of cashews

How to prepare:

Mix all ingredients in a blender until well-combined, then strain and drink, preferably without sweetener.

This juice can be stored in a well-sealed container in the refrigerator for up to 6 hours.

Cabbage, Beet & Ginger Juice

Cucumber and cabbage help to eliminate excess fluid in the body while ginger helps to accelerate the metabolism. This helps with fat-burning and weight loss. One 250 mL serving of this juice contains about 100 calories.

Ingredients:

- 2 cabbage leaves
- 1 tablespoon of fresh mint leaves
- 1 small beet
- 1/2 a cucumber with the peel
- 1 teaspoon of fresh, grated ginger
- 1 cup of water

How to prepare

Wash the cabbage leaves, mint leaves, beet and cucumber well. Peel the beet. Cut the beet and cucumber into cubes and mix in a blender. Place the rest of the ingredients in the blender and mix for another 3 minutes. Strain and drink, preferably without sweetener.

This juice can be stored in a sealed container in the refrigerator for up to 6 hours.

Activated Charcoal Lemonade Detox Drink

Activated charcoal is known for its detoxifying properties, as it can bind to toxins and chemicals, aiding in their removal from the body. Here's a simple and refreshing detox drink recipe that includes activated charcoal:

Ingredients

- - 2 cups of filtered water
- - Juice of 1 organic lemon
- - 1 tbsp organic maple syrup or honey
- - 1 tsp activated charcoal powder
- - A pinch of Himalayan pink salt

Health Benefits

Activated Charcoal: Known for its toxin-binding properties, used to address digestive issues and support detoxification.

Lemon: Rich in vitamin C and antioxidants, lemon juice supports the immune system and aids in digestion.

Maple Syrup/Honey: Adds natural sweetness and can provide additional minerals and antioxidants.

Himalayan Pink Salt: A source of trace minerals, it can help balance electrolytes in the body.

Activated Charcoal Lemonade Detox Drink

IMPORTANT HEALTH NOTICE

It's important to note that activated charcoal can bind to medications and reduce their effectiveness, so consult your healthcare provider before consuming it, especially if you are on medication.

This detox drink is best consumed occasionally and on an empty stomach, either first thing in the morning or a couple of hours before meals.

Remember that while activated charcoal can be beneficial for occasional detoxification, it should not be consumed regularly without consulting a healthcare professional.