

KIMBERLY PARRY
ORGANICS

Holiday Special
Free "Learn to Love It" Kit (\$38 value)
with \$100 Purchase
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Good through December 31, 2010

daily retreat & renew tip Thursday, January 27, 2011



DETOX SURROUNDED BY BEAUTY AT THE STANDARD SPA, MIAMI BEACH

Overdo it in 2010?

Yes, the holidays were especially tough this year. What with all the yummy treats and fatty dips. But don't worry—the damage can be undone!

We were thrilled to discover [the latest detox package](#) at The Standard Spa, Miami Beach. Located on the waters of Belle Isle, Miami Beach, The hotel has partnered up with BluePrintCleanse (BPC), a celebrity-enthused cleansing company that has created fresh fruit and vegetable juices to help detoxify and purify the body (and just maybe get you into those skinny jeans).

For just \$499 per night, you'll get a full day's worth of BPC's juices (that's 6), plus a detox cleanse massage, which will help expel all of those nasty toxins the juices have brought out, and a yoga class at the property's fully programmed yoga center with waterfront yoga lawns.

Did we mention the spectacular views of Miami's breathtaking sunsets (over the Biscayne Bay) from your room, complete with private verandas and outdoor tubs, tall blonde wood beds with Egyptian cotton sheets and cozy hooded robes?!

Traveling isn't usually a figure-friendly activity, but with this detox package, you'll end the trip feeling tip top at your optimum health.

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sponsor TIDBIT

The Standard Spa, Miami Beach embodies Miami's art deco panache with a fabulous emphasis on wellness. The hotel offers acupuncture, life coaching, integrative healing arts and executive dream coaching. Reserve your stay and do a detox while you are there! **BOOK NOW!**



detox: GET CLEAN!

Detox in Miami!

The BluePrintCleanse is a fully prepared and guided nutritional juice cleanse experience. You choose out of 3 cleanse levels so the detox is customized by you! There's no reason not to hightail it to Miami for this experience.

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