

# THE BETTER SKIN DRINK MENU

## THROUGHOUT THE DAY

8 GLASSES  
OF WATER



## THE MORNING

1 SOY LATTE  
+ GREEN JUICE



## THE AFTERNOON

+ 2  
GREEN TEAS



## THE EVENING

+ 1 CRANBERRY  
JUICE



## BEFORE BED

+ 1 BLUEBERRY  
INFUSED WATER

