



Restore + Revive Wellness Center offers a path toward full body healing and preventative health through the highest-caliber healing modalities and services in the wellness industry.

R+R services include:

- IV VITAMIN THERAPY**
- MOBILE IVS**
- VITAMIN SHOTS**
- INFRARED SAUNA**
- DETOX FOOT SOAKS**
- OZONE THERAPY**
- SUPPLEMENT SHOP**
- WELLNESS PRODUCTS**
- CLEAN BLOW DRY BAR**



LIFESTYLE HABITS TO RESET WITH R+R

PRIORITIZE SLEEP: Aim for 7-8 hours every night. No screens in bed.

FIRST THING IN THE AM: Drink room temperature or warm lemon water.

10-15 MINUTES: Disconnect from technology throughout the day.

BEFORE YOU SHOWER: Dry brush the body for 5 minutes.

ONCE A DAY: Incorporate a green smoothie or green juice.

5 DAYS A WEEK: Get at least 30 minutes - 1 hour of exercise.

3 DAYS A WEEK: Take an epsom salt bath.

LAST BUT NOT LEAST: MAKE CLEAN SWAPS!

Toss the toxic cleaning supplies, candles, personal care + beauty products.

NON-TOXIC SWAPS AVAILABLE AT R+R



BRANCH BASICS
Premium Starter Kit



APOTHENNE LA
Clean Candles



ALEAVIA
Body Wash



OSEA MALIBU
Dry Brush + Lotions



ERE PEREZ
Clean Beauty



SUPERGOOP
Clean Suncare

STAY TUNED FOR A CHANCE TO WIN AN R+R DAY OF WELLNESS

Valued at \$265, R+R's Day of Wellness includes an Infrared Sauna Session, a Detox Foot Soak, and a Vitamin IV Drip for the ultimate day of restoration!