

Healthy Places in Tucson to Detox After the Holidays

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The holiday season is undoubtedly full of sweets, treats and other indulgent eats, and while they should be enjoyed fully, your body may be starting to feel the negative effects. Cleanse your system by hitting one of these four local Tucson joints and get reenergized for the New Year.

Pure Love Juice

Situated in the upscale, picturesque St. Philip's Plaza on River and Campbell, [Pure Love Juice](#) offers three- or five-day juice cleanses, where only juice and raw foods are consumed, helping the body recover and reenergize.

Called the "Kick Starter," this cleanse helps curb cravings that your body gets used to over the holidays, says Marisol Casal, Pure Love Juice owner and certified raw foods chef. "It's kind of like having a personal chef, getting you all the fruits and veggies that you need." Usually three days works for most people, Casal says, "but listen to your body. Everyone is different." Customers come in daily to pick up their meals, she explains.

For those just looking to stop in for a quick burst of nutrition, Pure Love Juice offers nutrient-dense "remedy smoothies." Casal suggests the "Pure Aztec," containing celery, parsley, pineapple and cactus.

Customize any order by adding chia seeds, goji berries, cayenne pepper, matcha and tons of other super foods.

Goodness Juice Bar & Fresh Food

[Goodness](#) aims to blend freshness, sustainability and delicious, yet healthy food. The goal: to get your body craving more nutritious foods on a regular basis so you feel good on the inside out. While this health-minded eatery offers breakfast, salads, protein bowls, wraps/sandwiches, tacos and more, stick to their awesome list of fresh juices to help detoxify after a month of cookies and cakes (hey, you gotta treat yourself).

The "Green Bully" juice, which has kale, parsley, celery, cucumber, green apple, lime and ginger, aids in digestion and boosts the immune system. In addition, the "Clean It Up" (orange, pineapple, parsley, cucumber, lemon) detoxifies the blood stream, is high in fiber and can relieve headaches. Goodness Juice Bar & Fresh Food is located on Campbell Avenue just north of Grant.

Urban Fresh

Dana Padilla, owner of [Urban Fresh](#) near the University of Arizona and downtown, says her restaurant focuses on "clean eating," meaning no processed foods, added sugars or salts.

"Juicing is always good to cleanse your body and get the nutrients you need," Padilla says. For prime detoxing, she suggests trying the "Sweet Heart" juice, which includes beets, apples, carrots and ginger. Beets, she explains, are great for digestion and heart health, while ginger is good for speeding up metabolism and digestion.

If you want something more substantial to snack on, Urban Fresh also offers a number of different salads, wraps, soups and other foods.

Xoom Juice

Originally founded in 2001, [Xoom Juice](#) now has three locations in Tucson and offers "super juices," smoothie bowls, protein drinks and classic smoothies.

This juice spot has an upbeat atmosphere with fun drink names like "Beet It" (beets, apples, celery, carrots) and "Floo Fighter" (orange juice, bananas, peaches, honey, yogurt). Customers can also add boosts like antioxidant, multivitamin or energy, called "xoomers," to their drinks.