

VICTORIA L - WOMEN'S HEALTH STRATEGIST

# THE 28-DAY STRATEGY

## Mocktails

TREEPOSE.ONLINE



# Hello!

I'm Victoria L, and I'm thrilled to welcome you to a world where health meets happiness, and nourishing your body becomes a delightful journey. As a Women's Health Strategist, I am passionate about empowering women to thrive in every facet of their well-being, and I firmly believe that a key ingredient to this empowerment lies in the joy of creating life strategies that work FOR YOU. My journey into the realm of women's health has been guided by a deep appreciation for the incredible strength and resilience that resides within each woman. Through my experiences, both personal and professional, I've come to understand the profound impact that a holistic approach to health can have on a woman's life.



Just over 5 years ago I had my first ever sober new years eve, and I haven't looked back since. Waking up refreshed and ready to start the new year changed my view on drinking completely. Since then I have searched for the perfect mocktails. Friday Drinks that revitalize and restore me instead of leaving me hungover and anxious. I hope you find a mocktail here that you LOVE too!

*Victoria L*

Treepose.online  
@womenshealthstrategist

# Citrus Fizz Cooler

The 28 Day Strategy

1 Arbonne Citrus Fizz Stick, 1 cup orange juice,  
1/2 cup sparkling water, ice, orange slices

Mix the Fizz Stick with orange juice until dissolved. Add ice and top with sparkling water. Garnish with orange slices.



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# Berry Fizz Delight The 28 Day Strategy

1 Arbonne Pomegranate Fizz Stick, 1/2 cup cranberry juice, 1/2 cup sparkling water, ice, fresh cranberries

Dissolve the Fizz Stick in cranberry juice. Add ice and top with sparkling water. Garnish with fresh cranberries.



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# Lemon Mint Fizz

1 Arbonne Citrus Fizz Stick, 1/2 cup lemonade, 1/2 cup sparkling water, fresh mint leaves, ice

Mix the Fizz Stick with lemonade until dissolved. Add ice, top with sparkling water, and garnish with fresh mint leaves.

The 28 Day Strategy



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# Tropical Fizzy Splash

The 28 Day Strategy

1 Arbonne Pineapple Fizz Stick, 1/2 cup pineapple juice, 1/2 cup coconut water, ice, pineapple chunks

Dissolve the Fizz Stick in pineapple juice. Add ice and top with coconut water. Garnish with pineapple chunks.



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# Berry Citrus Fizz

The 28 Day Strategy

1 Arbonne Citrus Fizz Stick, 1/2 cup mixed berry juice, 1/2 cup sparkling water, ice, mixed berries

Mix the Fizz Stick with mixed berry juice until dissolved. Add ice, top with sparkling water, and garnish with mixed berries.

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# Ginger Lime Fizz

1 Arbonne Citrus Fizz Stick, 1/2 cup ginger ale,  
1/2 cup lime juice, ice, lime wedges

Dissolve the Fizz Stick in lime juice. Add ice  
and top with ginger ale. Garnish with lime  
wedges.

The 28 Day Strategy



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# Mango Fizz Refresher

The 28 Day Strategy

1 Arbonne Mango-Peach Fizz Stick, 1/2 cup mango juice, 1/2 cup sparkling water, ice, mango slices

Mix the Fizz Stick with mango juice until dissolved. Add ice, top with sparkling water, and garnish with mango slices.



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# Peach Fizz Cooler

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1 Arbonne Peach Fizz Stick, 1/2 cup peach nectar, 1/2 cup sparkling water, ice, peach slices

Dissolve the Fizz Stick in peach nectar. Add ice and top with sparkling water. Garnish with peach slices.



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# Grapefruit Fizz Punch

1 Arbonne Grapefruit Fizz Stick, 1/2 cup grapefruit juice, 1/2 cup sparkling water, ice, grapefruit segments

Mix the Fizz Stick with grapefruit juice until dissolved. Add ice, top with sparkling water, and garnish with grapefruit segments.

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# Apple Cider Fizz

The 28 Day Strategy

1 Arbonne Pomegranate Fizz Stick, 1/2 cup apple cider, 1/2 cup sparkling water, ice, apple slices

Dissolve the Fizz Stick in apple cider. Add ice and top with sparkling water. Garnish with apple slices.

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"Empowerment is not about proving strength to others; it's about discovering and embracing the extraordinary strength within ourselves. To every woman: You are a force, a voice, and a beacon of resilience. Shine brightly, for in your strength, the world finds inspiration."

-Victoria L

# Balance is calling



This has just been the TIP of the iceberg. There are many more strategies that we can play with to help you find that balanced, and harmonious version of you (and your hormones).

BOOK NOW

If you are ready to create a BIG shift in how you feel, and how you navigate this phase of life, let's talk. Book a FREE Strategy Call today.

Victoria L.

Women's Health Strategist  
[www.treepose.online](http://www.treepose.online)

Today is the beginning  
of the rest of  
your life.



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