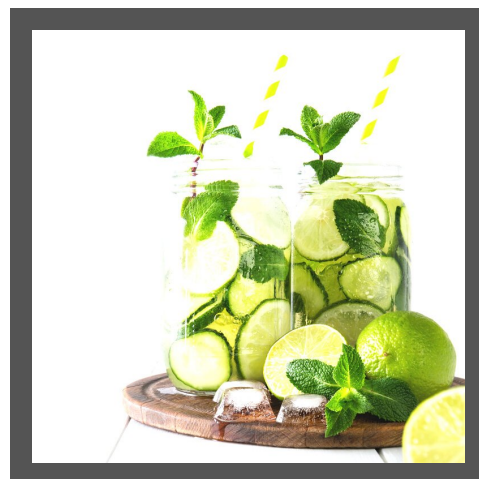
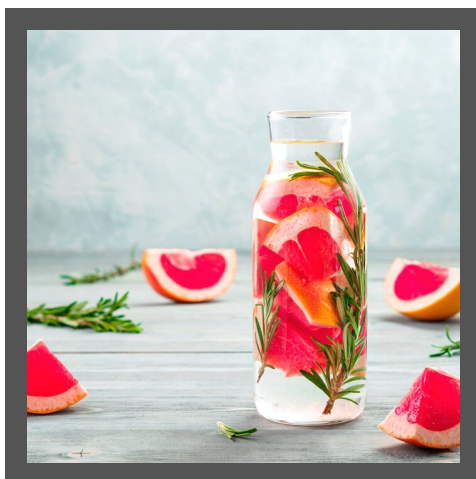
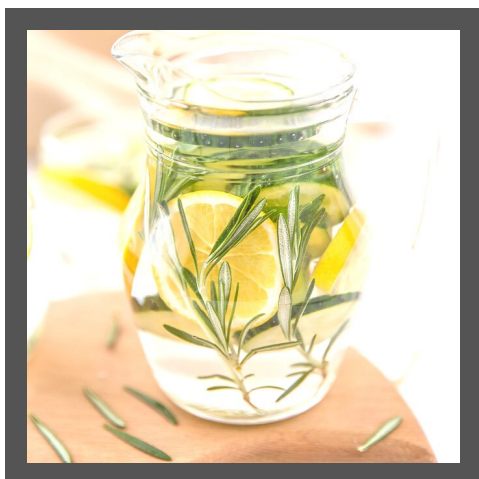
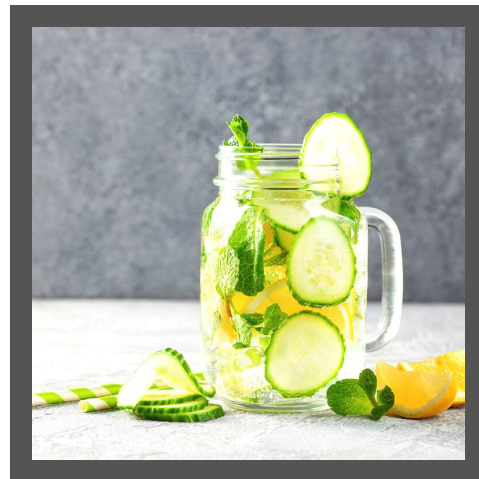


ACQUE DETOX



FRANCESCA RAVARA

A top-down view of a person's hands preparing detox water on a wooden cutting board. The hands are placing slices of cucumber and lemon into a small glass jar. Several lemon slices and cucumber rounds are scattered on the board. To the right, there are whole lemons and limes. In the bottom left corner, there is a small glass bowl containing fresh green herbs like mint. A semi-transparent text box is overlaid in the center of the image.

Cosa è l'acqua detox

L'acqua detox è un infuso di acqua con frutta, verdura, agrumi e aromi, dalle proprietà depurative.

In base agli ingredienti, preferibilmente di stagione, l'acqua detox può avere diversi benefici. Con una funzione antiossidante, aiuta a contrastare l'azione dei radicali liberi e a prevenire quindi l'invecchiamento e i danni subiti dal nostro organismo, a causa dello stress. È il caso degli alimenti ricchi di vitamine A, C ed E. Altri tipi di acqua detox hanno invece una funzione drenante, quindi aiutano a contrastare o prevenire la ritenzione idrica, tra le prime cause della cellulite.



Come preparare l'Acqua Detox

Lavare e tagliare la frutta e la verdura scelta

Sciacquare le erbe aromatiche

Riempire una brocca d'acqua

Aggiungere la frutta, la verdura e le erbe all'acqua e lasciare in frigo a riposare almeno 2 ore

Consumare in circa 3 ore per non perdere le qualità e la freschezza

FRAGOLA LIMONE MENTA



@francesca_ravara

MENTA LAMPONI

@francesca_ravara

CETRIOLO LIMONE MENTA



@francesca_ravara

POMPELMO E ROSMORINO



@francesca_ravara

FRAGOLA LIMONE MENTA



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ARANCIA MIRTILLI TIMO



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LAMPONI E LAVANDA

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COCOMERO LIME MENTA



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LIMONE MENTA

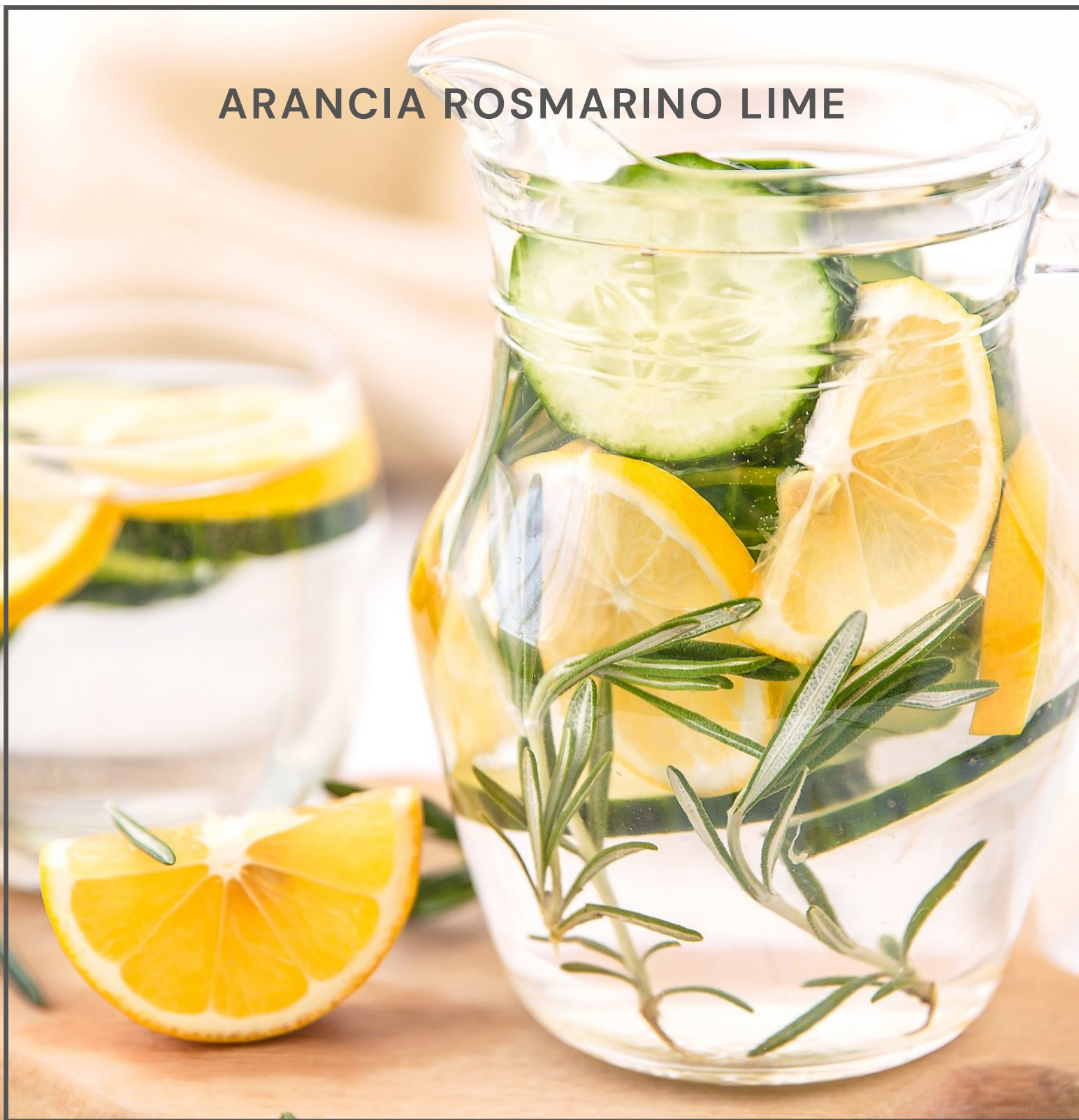


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MORE MENTA

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ARANCIA ROSMARINO LIME



@francesca_ravara

A still life photograph featuring three tall, clear glass tumblers filled with water and various fresh fruits. The central glass is the most prominent, containing several sliced strawberries, a lemon wedge, and a sprig of mint. To its left, another glass is partially visible, also containing fruit. To the right, a third glass is filled with lemon slices and strawberries. Each glass has a red and white striped paper straw. The glasses are set on a rustic, dark wooden surface. In the foreground and background, there are more fresh fruits: whole and sliced strawberries, lemons, and a small wooden bowl filled with cherries. The lighting is warm and natural, creating a fresh and inviting atmosphere.

FRAGOLA ARANCIA LIMONE CIGLIEGIA
MENTA PESCA ALBICOCCA

@francesca_ravara



MELAGRANO MENTA

@francesca_ravara

ARANCIA E CILIEGE

@francesca_ravara

LIMONE KIWI FRAGOLA MENTA



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ARANCIA LIMONE RIBES

@francesca_ravara

KIWI LIMONE MENTA



@francesca_ravara

LIMONE MIRTILLI ROSMARINO



@francesca_ravara

A photograph of two glasses filled with a clear, yellowish liquid, likely infused water. The glasses are placed on a rustic wooden surface. The liquid is garnished with slices of red apple, cucumber, and lemon, along with fresh mint leaves. In the background, there are more whole apples and a sliced watermelon. The text "MELA LIMONE CETRIOLO MENTA" is overlaid on the image.

MELA LIMONE CETRIOLO MENTA

@francesca_ravara

KIWI LIMONE MENTA



@francesca_ravara

ANGURIA MELONE



@francesca_ravara

MELA E CANNELLA



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MELA ARANCIA MENTA



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MELA ARANCIA UVA



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POMPELMO MELA BASILICO



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MELA



@francesca_ravara

MELONE ROSMARINO

@francesca_ravara

PESCA MIRTILLO LIMONE

@francesca_ravara

ARANCIA MIRTILLI TIMO



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PESCA MIRTILLO LIMONE

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ANANCIA ROSMARINO



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PERA CANNELLA ZENZERO



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ANANCIA LIMONE MANDARINO



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LIMONE CETRIOLO SEDANO

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FRAGOLA LIMONE MENTA