



PUREARTH

Inside London Cleanse Delivery Schedule

Please see below for the current delivery schedules for our Cleanse programmes (apart from Medicinal Cleanse, please see the specific delivery schedule for that cleanse).

To see details of your deliveries, firstly select the table corresponding to the length of your cleanse and then the day of the week on which you are starting your programme.

1 Day Cleanse

Start Day	1st Delivery	Number of days received in each delivery
Monday	Sunday	1
Tuesday	Monday	1
Wednesday	Tuesday	1
Thursday	Wednesday	1
Friday	Thursday	1
Saturday	Friday	1
Sunday	Friday	1

2 Day Cleanse

Start Day	1st Delivery	Number of days received in each delivery
Monday	Sunday	2
Tuesday	Monday	2
Wednesday	Tuesday	2
Thursday	Wednesday	2
Friday	Thursday	2
Saturday	Friday	2
Sunday	Friday	2

3 Day Cleanse

Start Day	1st Delivery	Number of days received in each delivery
Monday	Sunday	3
Tuesday	Monday	3
Wednesday	Tuesday	3
Thursday	Wednesday	3
Friday	Thursday	3
Saturday	Friday	3
Sunday	Friday	3

4 Day Cleanse

Start Day	1st Delivery	2nd Delivery	Number of days received in each delivery
Monday	Sunday		4
Tuesday	Monday		4
Wednesday	Tuesday		4
Thursday	Wednesday		4
Friday	Thursday		4
Saturday	Friday		4
Sunday	Friday	Monday	2 + 2



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5 Day Cleanse

Start Day	1st Delivery	2nd Delivery	Number of days received in each delivery
Monday	Sunday	Wednesday	3 + 2
Tuesday	Monday	Thursday	3 + 2
Wednesday	Tuesday	Friday	3 + 2
Thursday	Wednesday	Friday	3 + 2
Friday	Thursday	Sunday	3 + 2
Saturday	Friday	Monday	3 + 2
Sunday	Friday	Monday	2 + 3

6 Day Cleanse

Start Day	1st Delivery	2nd Delivery	Number of days received in each delivery
Monday	Sunday	Wednesday	3 + 3
Tuesday	Monday	Thursday	3 + 3
Wednesday	Tuesday	Friday	3 + 3
Thursday	Wednesday	Friday	3 + 3
Friday	Thursday	Sunday	3 + 3
Saturday	Friday	Monday	3 + 3
Sunday	Friday	Tuesday	3 + 3

7 Day Cleanse

Start Day	1st Delivery	2nd Delivery	Number of days received in each delivery
Monday	Sunday	Thursday	4 + 3
Tuesday	Monday	Friday	4 + 3
Wednesday	Tuesday	Friday	4 + 3
Thursday	Wednesday	Sunday	4 + 3
Friday	Thursday	Monday	4 + 3
Saturday	Friday	Tuesday	4 + 3
Sunday	Friday	Tuesday	3 + 4