

AGELESS *Girl* GUIDE

**SASHA'S TOXIN-FREE
FAVORITES
SIMPLE SWAPS THAT
ACTUALLY WORK
(AND SMELL GOOD)**



Hey Friend,

Why I Made This Guide

Detoxing your space doesn't mean tossing everything and spending a fortune.

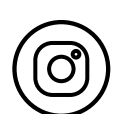
It means being intentional about what you use every single day—on your body, in your kitchen, and around your loved ones (furry friends included).

These are the exact products I've researched, used, and now recommend to every client, friend, and listener.

Bonus? You'll get exclusive discount codes to make your swaps even easier.



Let's get to it!



@thesashafischer

www.agelessgirlguide.com

01

Home & Cleaning

Branch Basics Cleaning Concentrate + Laundry Kit + Dishwashing Powder

\$10 OFF: [Click to shop](#)

Why I love it:

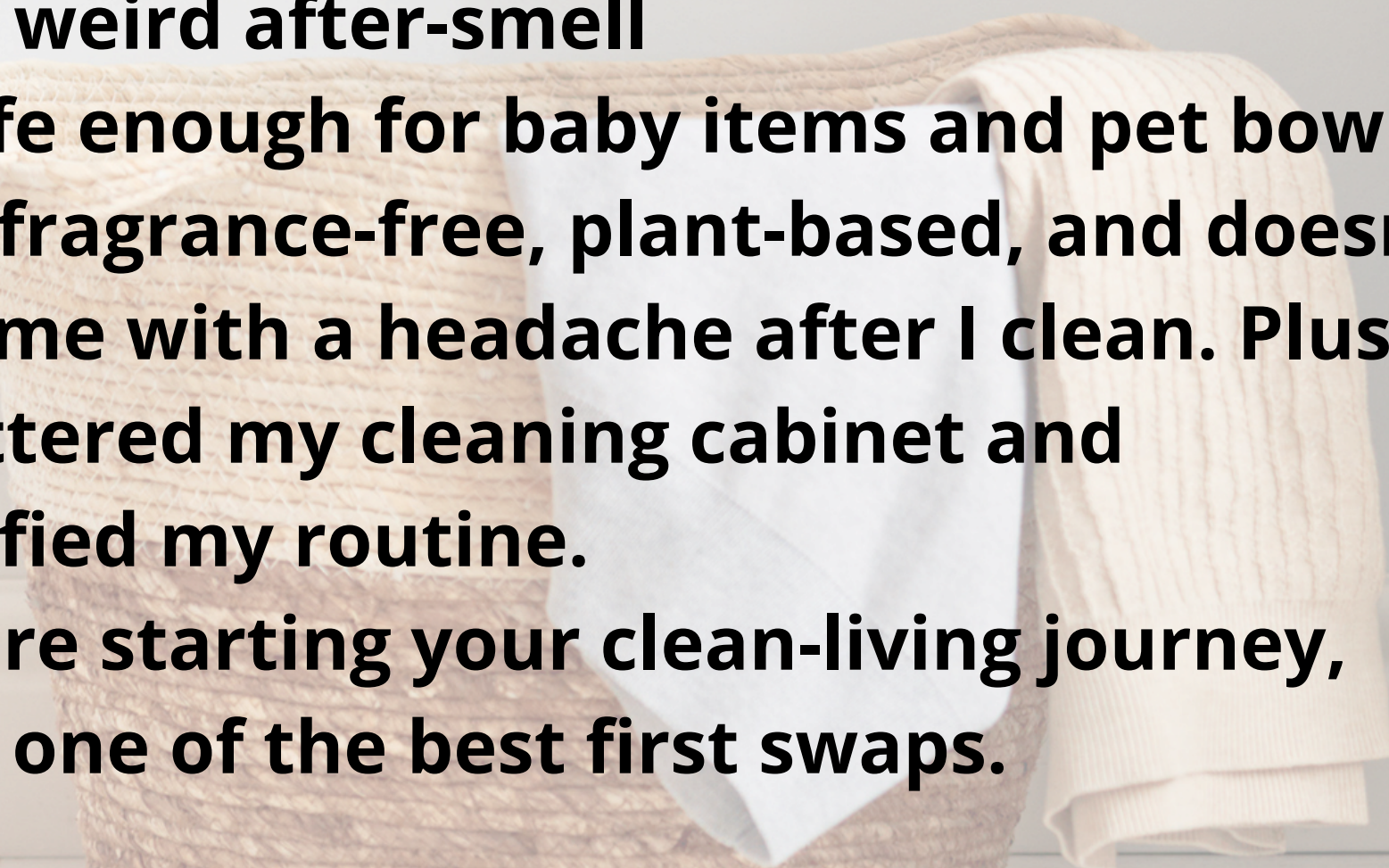
This is my ultimate go-to for everything—from floors and counters to clothes and dishes.

✨ **What it covers:**

- **All-purpose cleaner: One concentrate handles glass, countertops, sinks, tile—without fumes or fake scents**
- **Laundry detergent: Actually gets sweat and odors out (without the hormone-wrecking “fresh linen” smell)**
- **Oxygen Boost: Brightens whites and powers out tough stains naturally**
- **Dishwashing powder: Leaves glass spotless and residue-free—no film, no chemicals, no weird after-smell**
- **Safe enough for baby items and pet bowls**

🌿 **It's fragrance-free, plant-based, and doesn't leave me with a headache after I clean. Plus, it decluttered my cleaning cabinet and simplified my routine.**

If you're starting your clean-living journey, this is one of the best first swaps.



02 Pet Care

My Ollie – Fresh Dog Food & Treats

- Human-grade ingredients
- No fillers, byproducts, or artificial preservatives
- Delivered fresh to your door
- 70% OFF Your First Box: [Click to claim](#)

Why I love it: Moon's coat is shinier, her digestion is better, and I feel so good knowing her food is cleaner than most people's takeout.



03

Nutrition Boost

Jova Smoothie Kit – Clean Superfood Convenience

- Zero prep, zero sketchy ingredients
- Includes adaptogens, greens, fiber, and protein
- Just add liquid + blend
- 15% OFF with code: SASHA15
- [Shop Now](#)

Why I love it: When I'm rushing between clients or riding lessons, this smoothie kit saves me. Clean fuel in under a minute.

04

Body Care

Primally Pure Deodorant

- **Aluminum-free, baking soda-free, and ACTUALLY works**
- **Scents from essential oils, never fragrance**
- **Also has skincare and baby-safe products**
- **\$10 OFF: [Click to shop](#)**

Why I love it: I've tried every natural deodorant. This is the one I always come back to—it's gentle, smells amazing, and actually holds up.

IN SUMMERY,

START HERE. SWAP SLOWLY.
YOU DON'T NEED TO DETOX YOUR ENTIRE LIFE OVERNIGHT.
START WITH ONE OR TWO SWAPS. REPLACE WHAT RUNS
OUT WITH SOMETHING BETTER.
YOU'LL FEEL THE DIFFERENCE. YOUR BODY WILL THANK
YOU. YOUR ENERGY WILL SHOW IT.
WANT MORE TOXIN-FREE TIPS?

→ FOLLOW ALONG ON @WELLNESSHUSTLEPODCAST
→ TUNE IN TO THE FULL TOXIN AWARENESS WEEK ON THE
WELLNESS HUSTLE
→ DM ME YOUR FAVORITE SWAP—I LOVE HEARING FROM
YOU!

XoXo
Sasha

Work with Sasha

Your Wellness Reset Starts Here

Feeling inspired but not sure where to start?

That's what I'm here for.

Whether you're ready to overhaul your pantry, reset your metabolism, or finally get consistent with your workouts—I offer coaching that meets you where you are.

Ways We Can Work Together:

- Nutrition-Only Coaching:
- Focus on blood sugar balance, gut health, and sustainable eating strategies
- Fitness-Only Coaching:
- Strength training plans designed for energy, metabolism, and mobility
- Barefoot friendly, always real-life approved
- Short Courses + Digital Products:
- Like my Blood Sugar Reset, Glowtail Mocktail Guide, and 5-Day Wellness Kickstart

[Schedule your free consultation here](#)

