



Laura Armada-Buch

The Juice Works

The Juice Works is a 100% raw vegetable based cold pressed juice business based in County Louth. What started as a one person hobby in a small kitchen, has now evolved to a 4000 square foot purposed built juice factory, supplying juices to all counties in Ireland, five days a week. Laura Armada-Buch, owner of The Juice Works, believes that wholesome food has the power to transform your life. She wants everyone to experience it because a healthy lifestyle isn't an exclusive club.

Laura has been an entrepreneur all her life, starting her first business at age 18 and has run 3 successful companies since, including Labfitness and Fit is an Attitude. Like many people, Laura took her juicer out every January for a couple of weeks to get rid of the Christmas bulge, but it wasn't until six years ago when she witnessed first-hand how juicing can impact a person's health in a positive way, that she decided to train as a juice therapist. Laura's mum was diagnosed with breast cancer and she started juicing for her twice a week. Laura has no doubt in her mind that the juice provided her mum with a high concentration of unprocessed nutrients and helped speed up her recovery.

In 2018, The Juice Works won awards at Blas na hÉireann, the Irish Food Quality awards and most notably were awarded the NO TIME FOR WASTE award by Tesco for being Ireland's least polluting company.

www.thejuiceworks.ie

