

Diet & Figure Correction

Your own programme is given to help you control your diet and exercise routine. A weekly weigh in, advice and massage for problem areas is combined in the six week course.

Six week G5 course.....	£130
Six week Slendertone course.....	£115
Body Wrap.....	£61
Single G5 session.....	£26

Colonic Hydrotherapy

Colonic hydrotherapy or irrigation is a gentle internal bath using warm, purified water that can help to eliminate stored faecal matter, gas, mucus and toxic substances from the colon. The colon, or large intestine, is the end portion of the human digestive tract. Our Colonic Hydrotherapist has been a Registered nurse for 30 years and has Post Graduate qualifications in Colonic Hydrotherapy.

Your visit to a colonic therapist will involve the taking of your case history followed by an explanation of the procedure. The colonic itself will take 30-45 minutes during which time water will be gently introduced into the colon via the rectum whilst your therapist uses special massage techniques to gently cleanse and flush the colon. Your modesty is preserved at all times.

Treatment (including consultation).....	£75
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Detox Day

Detox day to include a colonic hydrotherapy treatment, a choice of a full body massage or a body wrap and full use of the facilities and a light lunch.

Detox day with full body massage.....	£156
Detox day with body wrap.....	£166