

# **Price List 2016/17** **(special offer on 4 colonics available - ends** **Jan 2017)**

**Cecilia Holmes - Registered Colonic Therapist**  
**Massage Therapist- Diploma Swedish Full Body Massage**  
**Qualified Nurse**

<b><u>Colonic</u></b>	<b>£70.00</b>
<b><u>2 Colonics</u></b>	<b>£130.00</b>
<b><u>3 Colonics</u></b>	<b>£190.00</b>
<b><u>4 colonics</u></b> <b><u>(special offer)</u></b>	<b>£240.00 now £200.00</b>
<b><u>Therapeutic Swedish Massage</u></b>	<b>£50.00</b>
<b><u>Massage &amp; Colonic/Enema -Booked</u></b>	<b>£95.00</b>
<b><u>Enemas</u> coffee, filtered water, herbal, soap</b>	<b>£70.00</b>

## **Herbs and Tinctures**

<b><u>Intestinal Cleansing powders</u> (120g)</b>	<b>£20.00</b>
<b><u>Colon Bowel Capsules</u> (600mg-100 caps)</b>	<b>£20.00</b>
<b><u>Probiotic Implant into colon</u> (after colonic)</b>	<b>£25.00</b>
<b><u>Epsom Salts - Food grade</u> (500g)</b>	<b>£15.00</b>
<b><u>Green/Black Walnut Tincture</u> (50mls)</b>	<b>£12.00</b>
<b><u>Diatomaceous Earth (Anti-parasite)</u> (450g)</b>	<b>£20.00</b>
<b><u>Acidophilus</u> (60caps)</b>	<b>£18.00</b>

### **Inclusive of cost:**

- **Free consultation and the colonic infused with Mint, Wild Yam, Coffee, Calendula (anti-Candida), Anti-Parasite tincture, Epsom Salts, Chamomile, ASP Enema Herbs.**
- **Acupressure points to head, feet and massage of abdomen.**

**THE TREATMENTS AND HERBS:**  
**[www.colonic-irrigationlondon.co.uk](http://www.colonic-irrigationlondon.co.uk)**

## **The Colonic**

There is no need to feel anxious about having a colonic, I will have a chat with you first and take a medical history.

A colonic is simply a high enema, a wash out of the bowel.

The colonic takes 45 minutes and feels like going to the toilet. There are no adverse affects; you can go back to work afterwards. The feeling of going to the toilet comes and goes according to water flow.

Do not worry about smells, mess or embarrassment. It is not an issue.

The great benefit of having a colonic is the feeling of lightness and the boost to your circulation. If the gut is healthy the body runs smoothly and vibrantly. It is a great start to a healthy eating plan or to get a head start in clearing Candida problems. When constipation and bloating is suddenly relieved you feel slimmer, less sluggish and refreshed. We feel clear, less toxic and can assimilate nutrients more efficiently. A course of four treatments is advisable to return the bowel to an optimum healthy function.

## **Enemas**

Enemas are a gentle and effective way of regulating the bowel and some clients prefer them to colonics.

An enema is a good alternative if you are nervous about colonics, with the advantage of continued self-administration at home.

I use herbs, soap solution and coffee to clear the lower bowel and other specific herbs for particular issues. I can show you how to administer an enema for regular home use. Gerson therapy advocates enemas for chronic haemorrhoid problems and if used regularly can flatten the tummy promoting smoother digestion.

## Therapeutic Healing Massage

Swedish Effleurage, reflexology and Thai techniques are used during the massage. I use the energy of the chakras and a healing approach. The massage is therapeutic, relaxing and rejuvenating after a stressful week. The massage oil is organic rosemary with an olive oil base. I apply pressure to reflexology points using the hands and feet as guides to find ailments in the body.

I have training in the Three Principles, Mind, Thought and Consciousness if you need clarity with thinking while relaxing.

## Liver Flushes

The liver and the gall bladder flush releases hardened salts and stones from both organs. If you suffer with back pain, constipation, drug or alcohol abuse, viruses or high cholesterol, carrying out several flushes improves liver function. It also helps skin and blood sugar conditions. The liver is responsible for many functions of the body. A liver flush after cleansing the gut will improve overall health, bowel function and regularity. It is even more successful after carrying out a juice fast and resting the liver from digesting fats for five days. A colonic is advisable pre and post flush to ensure all stones are removed.

Instructions to carry out a liver flush are available at:  
[www.colonic-irrigationlondon.co.uk](http://www.colonic-irrigationlondon.co.uk)

Or 'The Amazing liver and Gall Bladder Cleanse'- Andreas Moritz

## Probiotic Implants

An implant of the probiotic acidophilus is administered into the colon via a small implant tube.

It improves poor gut bacteria. Placing healthy bacteria directly into the sigmoid colon rather than swallowing tablets can be more direct and effective.

An implant will be beneficial if you have taken the contraceptive pill or antibiotics long term. Sufferers of Candida overgrowth and an irregular or irritable bowel would also experience better health.

## Seven-Day Detoxification Programme

Support during the seven-day detoxification of the bowel is provided. Specific bowel capsules and an intestinal herbal formula to expel and soften stools help the detoxification to go smoothly. It is advisable to have a good juicer to make vegetable and fruit juices. Two colonics during the week of the detoxification and the herbs plus bowel capsules ensure that the liver and colon stay open and flushing.

Instructions downloaded from:

[www.colonic-irrigationlondon.co.uk](http://www.colonic-irrigationlondon.co.uk)

Or I can give you an information sheet on arrival.

## Intestinal Cleansing Herbs

To soften, regulate and cleanse the bowel. It is good preparation before a colonic as the herbs soften the stools. They are specifically good for clearing the small intestine of Candida overgrowth.

If you suffer from bloating or Candida overgrowth, the intestinal herbs work on the gut for a flatter tummy and less gas. They contain Bentonite clay and other specific herbs to cleanse the system.

They are gentle and palatable to take with a glass of apple juice.

Instructions provided.

## Colon Tonic Bowel Capsules

If you are have irregular bowel motions and a sluggish gut taking a course of colon bowel capsules will ensure a bowel movement every day.

Ginger, Cayenne, Fennel, Goldenseal, Barbary, Lobelia, Red Raspberry, Turkey Rhubarb and the natural plant laxative Cascara Sagrada will move even the most stubborn bowel. It is a healthy alternative to manufactured laxatives that rob the bowel of fluid and cause flaccidity. The combination of herbs is a tried and tested formula by Dr.Christopher, to increase regularity.

## Diatomaceous Earth – Anti- Parasite

Diatomaceous earth is a natural product made from tiny fossilized remains of marine phytoplankton and water plants, part of the earth's history since prehistoric times. Thousands of years ago the diatoms built up into deep, chalky layers of diatomite. The diatomite is ground into a powder. One heaped tablespoon in water once or twice daily can have a dramatic effect on improving your health. Amongst many of the benefits of Diatomaceous earth, cholesterol stability, a reduction in joint pain and a balancing of the appetite are noticed within days or weeks of ingesting. The earth is made of silica important for bones, hair, nails and skin. It cleanses the body of parasites and raises your energy levels. Freeing the body of the debilitating symptoms of parasites improves all your body's functions. Pets can also be treated for parasites. A personal testimonial of taking DE and an information sheet is available and from Cecilia.

## **Terms and Conditions:**

**A 24-hour cancellation fee policy applies.**

**Cost of the treatment will be charged.**

**Payment at the initial consultation before treatment either cash, check or transfer.**

**Web site: [www.colonic-irrigationlondon.co.uk](http://www.colonic-irrigationlondon.co.uk)**

**Email: [ceciliaholmes@btinternet.com](mailto:ceciliaholmes@btinternet.com)**

**Mobile: 07533750400**

**Tube:**

**Northern Line- Barnet or Mill Hill East bound trains.**

**Parking:**

**Free parking in Park Farm Close and on main road (A405) East End Road.**