



If you are new to colon hydrotherapy (colonic) there are often many questions about the benefits and risks of the treatment. To try and provide some guidance, we have produced this question and answer leaflet which will hopefully address many of the most frequently asked questions. If there is any further information that you require, please do not hesitate to contact us.

What is Colon Hydrotherapy?

Colon hydrotherapy is the gentle rinsing of the colon with warm water, to remove encrusted fecal matter, gas and mucus. This allows vital nutrients to be absorbed more easily and leaves you feeling rejuvenated and healthier. Colonics can also help re-tone & reshape the colon. The ideal transit time of food through the body is 18-24 hours. On average in the UK it currently takes 60 hours for men and 70 hours for women.

Does it hurt?

For the vast majority of individuals who receive colonics, the procedure is free from pain. A minor amount of discomfort can be felt during the insertion of the speculum but this only lasts for a few seconds. During the treatment, you may feel some cramping in the stomach and occasionally clients feel slightly nauseous, whenever toxic waste detaches from the intestinal walls and leaves the body, particularly if you have a clogged up colon.

Is it Safe?

Colon hydrotherapy is very safe when performed by a qualified therapist. We only use FDA approved medical devices for the procedure and all of the equipment used is sterilized or disposable and the water goes through an advanced filtration process prior to entering the colon. Our therapists are ARCH (Association of Registered Colon Hydrotherapists) trained and registered and meet the highest professional and ethical standards. You are in very safe hands.

How can it help?

The benefits of colonics can include increased energy, improved circulation, clearer skin & eyes, mental clarity, weight normalizing, better digestions, relief from bloating and heaviness. By removing the waste material from the colon, the process of detoxification is given a boost and the harmful bacteria that is produced by encrusted fecal matter is removed from the body. Colon hydrotherapy helps your immune system to help itself, by giving it a chance to breathe and allow the lymph system to effectively cleanse your body.

What about “friendly bacteria” being lost?

Healthy intestinal flora are present throughout the small and large intestines and colon hydrotherapy helps to improve their habitat, facilitating their reproduction and multiplication.

What is the difference between an enema and a colonic?

An enema is the procedure of introducing liquids into the colon, causing a rapid expansion of the lower intestinal tract which results in a powerful peristalsis and evacuation. It can often result in uncomfortable bloating & cramping and put a strain on the anus possibly resulting in hemorrhoids. By contrast, colonics involves the gentle inflow and outflow of warm water that slowly dissolves accumulated toxic material and encourage release naturally, without any undue stress on your system.

Is it embarrassing?

No. There is no odor from the bowel movements as the system is “closed” and your dignity is always maintained with proper draping in a private room.

How many treatments do I need?

Every person is different and changes in our lives create different stresses, so there is no standard number of treatments that are recommended. We suggest you book a single treatment initially and discuss with your therapist during the consultation what their recommendations are. In our experience we have found that a course of 3 treatments over an initial 2-3 week timeframe produces the best results with regular maintenance thereafter.

How should I prepare for the colonic?

We recommend that you refrain from eating at least two hours prior to your appointment and ensure that you are well hydrated. If possible, a diet of vegetables and grains 2-3 days in advance rather than heavy foods will help prepare your colon for the treatment. Do not drink alcohol 24 hours in advance.

How will I feel afterwards?

Colonics have a “relieving” effect. There may well be a feeling of lightness and often people are energized following a colonic. Many clients have reported clearer skin. Once the colon has been thoroughly cleansed then diet, exercise and other health programs will become many times more effective. Make sure you drink plenty of liquids, avoid raw vegetables, reduce consumption of meats for a couple of days. Steamed vegetables, fruit and soups are recommended.

Colonic Hydrotherapy Aftercare

The majority of clients feel fine after a colonic hydrotherapy treatment and do not experience any unwanted side-effects. However here are a few simple measures that will ensure you continue to benefit from the treatment and assist in relieving any discomfort you may feel.

- Don't overeat. Eat simply cooked food and chew well. A diet rich in fruit (unless otherwise specified by your therapist) and vegetables (especially leafy) will add to the cleansing effect and help regulate the bowels. Soups are good straight after a colonic.
- Eat only whole grains, e.g. brown rice, not refined e.g. white flour or white pasta. Refined or white grains and excess dairy products are mucus forming.
- A small amount of water is absorbed during the treatment and you may notice an increased need to urinate. This is normal, and will subside quickly
- Drink plenty of fluids. If digestion is weak, don't drink with meals or for 30 minutes before or 1 hour after meals. It is best to avoid excess alcohol for about 24 hours post colonic.
- You may experience some flatulence and bowel sounds - this is due to the bowel bacteria multiplying back up to strength for up to 48 hours after the treatment. Probiotic supplements will be useful and the fruit and vegetables will help.
- If griping occurs, drink hot peppermint, fennel and chamomile infusions and place hot water bottle on tummy and avoid cold drinks, carbonated drinks and gassy foods. Don't expect a bowel movement the next day: depending upon your condition, it may take several days before normal bowel movements resume. Avoid rigorous exercise and weight lifting for 24 hours after treatment
- If you experience any continued discomfort, telephone your therapist.

Cleanses/Detox Programs

Although colon hydrotherapy is very effective on its own, we specialize in offering a range of personalized cleansing programmes and juice fasts where colonics are an essential part in assisting with the elimination of toxins from your body during the cleansing process. They should be included as an essential element of any Liver Flushes or Cleanses you may undertake. We combine lymphatic drainage massage, infrared sauna, reflexology and body wraps with a range of balance own label and high quality branded supplements with highly successful results.

Partnering with balance

We have partnered with balance the clinic, the UK's largest colon hydrotherapy practice to ensure we deliver the highest standards of treatments available. We also offer balance cleansing programmes, juice fasts, full details of which can be found on our website or in the spa. To compliment these programs, there is a complete range of natural supplements and dietary supports. Please ask our front of house team or your therapist for more details.