

What should I do to prepare for my colon hydrotherapy session?

It is best to refrain from eating for at least 2 hours before the cleanse.

Try to arrive in as relaxed a state as possible. (If you have high anxiety about your session we do offer a Bach Flower Essence Remedy for Anxiety upon request. Please let your therapist know you would like the remedy upon arrival.)

Arrive for your scheduled appointment on time.

After the session it is best to give yourself the gift of a couple of hours to allow your body to reset. Most people will come away from a colonic feeling lighter in mood and body but occasionally you may feel tired, hungry or have aches and you need to honor that and allow your body time to rest and rejuvenate. Detox is hard work!