

## Holistic Treatments

### Driftaway Signature Facial 90 mins - £70

Bespoke 90 - minute treatment to suit your individual needs using blended pure essential oils to relieve stress and tension in the lower back & shoulders followed by:-

a luxury facial including cream cleanse, exfoliation, blended essential oils using lymphatic light rhythmic movements to remove toxins and fluids lifting the facial muscles to plump and restore vitality to the complexion, hydrating mask and relaxing hand and arm massage.

### Luxury Retinol Facial 60mins - £45

Deep cleanse, exfoliation, personally blended essential oil massage, mask, rose floral toner eye treatment, each facial is designed for your own skin needs and includes hand and arm massage

### Luxury Opatra Anti-Aging facial light - 60mins £55

Luxury Aromatherapy Facial including Opatra Red light therapy to reduce wrinkles, fine lines and increase collagen Greenlight to reduce pigmentation redness and broken capillaries and Blue light for congested oily skin conditions.

### Reiki Reflexology 60min - £50

A holistic therapy, which promotes natural healing of the mind, body and spirit by working on the reflex areas of the feet.

### HOPi Ear Candles 30mins - £35

Ear candling has many benefits, improving hearing it can help with congestion headaches. A lymphatic head neck and face massage make this treatment a truly relaxing experience.

### Rainbow Readings 60mins - £45

A combination of Tarot and Angel cards, bringing light, love and a positive attitude back into your life.



driftaway  
beauty 

holistic, health &  
beauty treatments

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Pixies Patch, Chapel Road  
Soberton. SO32 3PP

Prices effective from 1st November 2020



# The Colonic Hydrotherapy Clinic

## Colonic Hydrotherapy

### First Treatment

includes 1 treatment & consultation  
£75-00 (90 mins)

### Single Treatment

£65-00 (55 mins)

### Course of Three Treatments

\*£180.00 (saving of £15)

### Course of Six Treatments

\*£350 (saving of £40)

\* Following first appointment

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## Colonic Hydrotherapy

### Before Treatment

Your first visit to our clinic will involve a thorough consultation, recording of your health history, lifestyle and habits and a detailed explanation of the procedure. Initial treatments can vary; however, it is common for the first treatment to be more about hydrating the colon rather than eliminating impacted faecal matter. In most cases a course of 3 colonics are recommended together with a bespoke course of pro-biotics to maintain good gut health. For best results we would advise not eating a couple of hours before the treatment and going to the toilet beforehand.

### During Treatment

You will be given a gown and be able to change in privacy and then lie on a couch with your head resting on a comfortable pillow. A small single speculum is lubricated and then carefully inserted into the rectum. Pure filtered water is then passed through the colon at a safe and controllable temperature through a water pipe. Waste and water silently flow down and out the waste pipe. Your therapist may vary the temperature of the water and provide abdominal massages during the treatment to improve the breakdown and elimination of waste. All equipment is disposable, used only once and hygienically prepared just before your treatment to ensure 100% cleanliness throughout your colonic hydrotherapy treatment.

### Aftercare Advice

On occasions, if there has been a longstanding condition of constipation or several health problems, a slight headache or fatigue may be experienced after the first few treatments. If so, try to rest and drink plenty of water. In some cases, you may feel slightly bloated for a few hours after the colonic as untrapped gas makes its way to the exit. If this is the case, have a cup of peppermint tea and lie down with a hot water bottle for a while. In rare cases tiredness can persist for a few days as the body continues to detoxify itself.

### Importance of Probiotics

Your gut contains billions of bacteria. The purpose of the colonic is to remove the bad bacteria and replace it with good. This is done by introducing probiotics specific to your individual needs. After every treatment you will be given a probiotic. We highly recommend **Optibac** probiotics and these can be purchased at a discount from the clinic.



R.I.C.T.A.T.  
International Colonic Association



MEMBER