

## 2012 Reviews

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### **DECEMBER 2012**

*" First timer to colonics, felt great after; appreciated flexible approach of therapist"*

(14) This treatment is a total new experience for me, and I felt great after. I also have to add that because I'm a freelancer I couldn't be sure when I'm free to do the treatment and the Therapist even ringed me to arrange appointment with me, which I found very helpful.

**-QianShi, visited December 2012**

### **OCTOBER 2012**

*"In happy contrast to my first experience (at another clinic), Julia's' professionalism, empathy as well as ambience of clinic made me feel very comfortable"*

(13) This is my second experience of having Colonic Hydrotherapy. I was feeling quite anxious and expecting to feel uncomfortable. Julia the therapist was professional and made every effort to make me feel comfortable throughout the treatment. I definitely felt much more comfortable this time, and also I was given a gown that would be worn at a hospital - as appose to just having a towel. I was happy with my purchase. .... treatments are done ....in purpose built and well laid out area; a very cozy clean space. Although it was a space in a residential area everything about the service was professional.

**Yvonne100462 -Visited Oct 2012**

### **SEPTEMBER 2012**

*"It's worth it, fantastic results; ... feel great; already telling my friends about it... so incredible"*

(12) I have already talked to 4 friends! It is worth it. The place and the staff are fantastic. I felt so much better!!!! The lady who received me, her name is Julia took time before and after the treatment to know me better and give me the best advice post treatment. I felt uncomfortable at the beginning but Julia helped me to relax. The results after the first session were incredible. I can recommend it to everyone.

**Sorayat, visited Sep 2012**

## **JULY 2012**

***"First timer to colonics, initially nervous, but put at ease by Julia's empathetic and professional approach ...have repeated, the benefits are worth the temporary discomfort"***

(11) ..... Contacted West London Colonics to pre-book my treatment on the 2nd July 2012. As this was my first Colonics I was a bit nervous, as I did not know what to expect -apart from discussions I have had with friends who have had similar treatments. When pre-booking I had the option of upgrading for a longer session including a consultation. We discussed any problems I felt I was experiencing and she always put me at ease answering any embarrassing questions. Julia offers a modern, and professional approach to this treatment of Colonic Hydrotherapy, but I feel I have benefited in the visits I have attended. I was informed that due to lifestyles the colon can build up waste, toxins and gases over time. Cleaning the colon is like a MOT and having this type of treatment regularly can benefit the whole body which gives you a great sense of well-being. Julia explained there are no side effects and I certainly feel the difference from the first session. On first experience I found this treatment initially uncomfortable but this was overcome by the benefits over the treatment. I certainly recommend this treatment. Thanks Julia.

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**-Hicky, visited Jul 2012**

***"Made to feel welcomed and put at ease.... by far the best treatment I have had"***

(10) Welcome & Friendly made you feel at ease; I had this in the past at another salon but this treatment here was by far the best. I would recommend this treatment to my family members who also purchased a session

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**-Lexus, visited Jul 2012**

## **JUNE 2012**

***"Very pleased with results; put at ease by friendly, informative, professional approach; definitely will have more sessions"***

(9) ..... Bit confused about the location at first because it is amongst houses, but once inside was very nice. Julia was very friendly and made me feel at ease instantly. The whole procedure is a bit weird obviously, but Julie was very professional and talked me through step by step so I knew what to expect. Very pleased with the results and I will definitely be re booking. :)

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**- Lilmissmorgan, visited Jun 2012**

***"Good, pleasant, nice location, comforting approach ...definitely would be willing to repeat"***

(8) Good and pleasant experience. Nice location...deceiving from outside. Staff were pleasant and very comforting. Would consider going there again for sure..... cheers.

**-Visited Jun 2012**

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***"First time with colonics, made to feel at ease by Julia's' approach, highly recommended for anxious newbies to the procedure"***

(7) Julia was really nice and made me feel at ease, as it was the first time I had had colonics done and I was really anxious about it. I would recommend her, especially for those having this done for the first time.

**-Gladys; visited Jun 2012**

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**MAY 2012**

***" No rushing, no pushing; totally refreshed, no bloating"***

(6) I felt totally comfortable, Julie was very professional, she spoke to me throughout, bath robes and treatment area was very much clinical clean, soft music, I was not rushed at all once the treatment had finished. Once treatment ended I felt totally refreshed, no bloating. Highly recommended

**-Yvonne, visited May 2012**

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***"First time with colonics; put at ease, fantastic enjoyable experience, Julia is very knowledgeable; bought a series of treatments; with great results, confirmed by feedback from friends. Well worth it"***

(5) This was well worth my money. I've never had a colonic before and Julia was fantastic, she put me at ease and went through everything slowly. First I changed my lower clothes and wrapped a blanket around me although you can wear a hospital gown, your choice. Then I lay on the couch Julia checked my tummy for gas pockets like they do in the hospital then I turned onto my side and she slowly inserted the tubing, much easier than a smear test ladies. No cold nasty metal scraping and leaving you sore. Not much came out the first time but that is usual, I enjoyed it so much I bought 4 more sessions and on my 2nd and 3rd lots of dried up old, old stuff came out. Back to my first visit after the treatment was over I was left to my own devices in the loo, lots more stuff came out when I was on the loo. Her toilet is lovely and clean, no complaints.

Julia also knows a lot about healthy living, I follow a mainly raw diet with lots of live sprouts and it was great to talk to someone who knows about.

The next few days I felt lighter and was in a very good mood, not my usual grumpy self.

As I said I purchased 4 more treatments and have had 2 of them. I met some male friends a few weeks ago and they told me I am looking really well, the only thing I have done is have the 3 colonics.

Logistics - Don't be late or too early, Julia is a very punctual lady.

**-Peggy Sue; visited May 2012**

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## **West London Colonic; comment on Peggy Sue review**

Dear Peggy Sue

I decided to do something that I've had at the back of my mind for a while. To retrospectively acknowledge all those who have been kind enough to give their feedback on our service.

Your review dates back to May 2012 still continues to be relevant in terms of how the clinic is conducted.

We continue to offer freshly laundered fabric gowns (not paper!), as well as a clean fleece blanket, for additional comfort & modesty.

Most people find the speculum insertion quite an easy procedure, usually minimal discomfort. Whilst I have now conducted around 2000 treatments, I am always very careful and considerate during his part of the treatment.

I am glad you saw the benefit of doing a series. Sometimes people draw the wrong conclusion about how productive colonics could be for them. Colonics may or may not work very quickly for people. What's more important is some degree of follow through - with the colonics, yes, to be sure. But also with lifestyle, diet, drinking water etc. - simple changes that can (in combo with colonics) make a lot of + difference.

As you observed, within a colonic session, its productivity isn't decided only by what's expelled on the table, but also what occurs on the loo, thereafter. Not to mention a better quality of BMs thereafter.

Mood changes for the better are common.

We are now based in Northolt (nearest tube Northolt) in a purpose built facility, with its own generously proportioned en suite toilet and changing area (I am beginning to sound like an estate agent now!).

A lovely walk along some spacious green parkland to the left hand side of our premises replaces the lovely walk along the canal. Ideal for communing with nature if one is a little early for the appointment.

-Julia, Jan 2014

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(4) It was a great session. I felt relaxed straight away by Julia's professional way of approach to the treatment. I was very satisfied as all my questions were answered and explained in detail. I was pleased with the friendly atmosphere and adequate facilities. I would definitely go back to Julia and also recommend her to my friends.

**Chittu27, Visited May 2012, multiple visits since**

## **APRIL 2012**

*(3)\*Julia was an excellent therapist, very professional and put me at ease straight away. The treatment was really helpful, my insides felt much cleaner and lighter when I left. I will definitely go back and recommend Julia for colonic therapy.\**

**Seelan; first visit April 2012 multiple visits since**

## WLC comments on Seelan review

Hi Seelan, Thanks for your 5 star review of WLC. Thanks also seeing for seeing me several times in the intervening period. Warm Wishes Julia

## **MARCH 2012**

*(2)\*I highly recommend Julia to anyone for a colonic. She instantly set me at ease so*

*I was able to relax and she was professional at all times. The way she explained the treatment to me and what would happen was easy to understand. When I left I felt I felt really cleansed. Overall a really healthy detoxing experience."*

**-DenaG, first visited March 2012; multiple visits since**

### **WLC comments on Dena G review**

When this review was posted well over a year ago, Dena was just a regular client. Since then she has become involved in the clinic as WLC's part-time business/ clinic manager, a role (which apart from obvious business related issues) includes a client related oversight role for quality assurance, bench marking, process management etc.

I can't, and don't, do everything myself!

In terms of colonics, as might be expected, Dena is a regular at the clinic; and has now had 20+ treatments. This is a therapeutic course of treatments, as an adjunct approach for residual aspects of M.E/ CFS (chronic fatigue syndrome). Dena has found it very helpful, and we will be writing up a case history on this.

We do practice what we preach! Julia.

### **FEB 2012**

*After variable colonics experiences with other therapists over the years , finally 'at West London Colonics I found the therapist had an excellent manner that was reassuring' ...' she explained the process fully ... treatment itself felt gentle and soothing ...felt zingingly bright and healthy after...  
...I will have further treatments there'*

(1) I have had a few colonics over the years - some have been quite good, a few not so good or even uncomfortable.

At West London Colonics I found the therapist had an excellent manner that was reassuring and she explained the process fully so I knew exactly what to expect (different colonic therapists can use slightly different methods).

The treatment itself felt gentle and soothing and I did feel zingingly bright and healthy at the end of the session.

The location is quite convenient for me so that and the quality of the therapist and the treatment mean that I will have further treatments there,

**jonst; First visit April 2012 multiple visits since**

### **WLC comments on jonst review**

Hi Jon,

I am privileged to have assisted you with your health and well being goals over the past year and a half

With the series of treatments, and other lifestyle changes, you certainly have made powerful shifts. Congratulations on seeing things through to different stages of completion.

Warm Wishes. Julia

 Jan 2013