

## March 2014

[\(back to summary\)](#)

A 'wonderful experience'.

(If driving, watch out for wrong instructions from the Satnav.) I 'can't wait for my next visit'. Found the earlier reviewers comments were 'spot on and Julia is great'. Felt 'very comfortable', Julia gave 'valuable aftercare advice'

**(42)** This was a wonderful experience. Having read the previous reviews, I was put at ease and therefore went there with an open mind. The reviews were spot on and Julia is great. She makes you very comfortable and gives some valuable aftercare advice. The only thing to be mindful of is the sat nav taking you to the wrong location. However Julia was very helpful in putting me back on track. I can't wait for my next visit.

**- Lom004; Visited March 2014**

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My first colonic to support general detoxification to kick start healthier more mindful life. Other reviewers' comments about Julia and her clinic are 'true- relaxing atmosphere, professional treatment. I am a man and didn't feel uncomfortable at all.' Amazing feeling post -colonic. Will definitely have more treatments.

**(41)** I have done my first colonic with the idea of general detoxification of my body as a starting point for healthier and more mindful life. Everything the other reviewers say about Julia and her clinic is true- relaxing atmosphere and professional treatment. I am a man and didn't feel uncomfortable at all. And the feeling afterwards is amazing. I will definitely go for 1 or 2 more treatment s.

**- ronin; Visited March 2014**

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Centre is a specially built space in a residential garden. Julia is knowledgeable, professional very calming, easy to talk to.

Centre is very clean and tidy, fully equipped.

I got the stomach massage first, so relaxing, I was so much at ease I nearly fell asleep! Calming music in the background too. Colonic feels a bit strange at first but you get used to it and Julia was reassuring in her explanations. Session lasted 45mins / 1 hour. Felt amazingly full of energy straight afterwards. Yes, I did get tired about an hour afterwards and had a really good nights sleep. When I booked, Julia was very clear about the costs of the massage, colonic, herbs and probiotics so I knew upfront what the exact cost would be in advance (to take up any additional services). This information is also on the website. Easy and pleasant to deal with Julia at WLC; will definitely be repeating :)

**(40)** I found the place fairly easily with the instructions from the website; its in a residential area and the centre is a small specially built space in a garden. Julia is very calming and easy to talk to - she is obviously knowledgeable and professional too. The centre is very clean and tidy and is fully equipped with everything needed. I got the stomach massage first which was so relaxing I nearly fell asleep! It really put me at ease and there was calming music in the background too.

The colonic irrigation feels a bit strange at first but you get used to it and Julia reassured me that if I felt uncomfortable I should tell her and she can stop at any time - plus she had explained everything before hand and was able to answer all my questions. The session lasted 45mins / 1 hour and I felt amazingly full of energy afterwards, I did get tired about an hour afterwards and had a really good nights sleep. Julia explained about the costs of the massage, colonic, herbs and probiotics when I booked so I knew what the exact cost would be in advance and all the information is on the website anyway. I found it easy and pleasant to deal with Julia at west London colonics and will defo be going again :)

**- eleda79; visited March 2014**

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*Both Colonics & Julia are brilliant.*

*Julia is: Welcoming, professional and experienced, trustworthy, knowledgeable, appropriately conversational, cheerleader for my colon, generous spirited  
This review is after having had 9 visits (though WLC is miles away from me). "Clinic is always warm, spotlessly clean and filled with relaxing music."*

*Benefits? "Regular colonics definitely helped regulate my digestive system and I really do leave each time feeling lighter, freer and grateful..."*

*What's not to like?!*

*Book yourself in now, you'll be in for a treat."*

**(39)**Colonics are brilliant, and Julia of West London Colonics is brilliant. Welcoming, professional and experienced, she's just the sort of person to put you at ease before she sticks a tube up your bum.

I've been to Julia 9 times now, even though the clinic is miles away from where I live. I go back because I trust her, she knows what she's doing, I enjoy chatting to her when I'm lying there all tubed-up and because she's so often pleased with my colon's performance. Also because she pours herbs into me for free, gives me probiotic pills for free, and she even gave me a session for free when I booked a whole lot at once. (As a psychotherapist I baulk at how much colonics cost per session, but that's another story.) And, in addition, Julia's room is always warm, spotlessly clean and filled with relaxing music.

Regular colonics definitely helped regulate my digestive system and I really do leave each time feeling lighter, freer and grateful that I've been able to release a whole load of old stuff I don't need. What's not to like?! Book yourself in now, you'll be in for a treat.

**- angel-a visited March 2014**

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