

What our clients have said

We have paraphrased the gist of the detailed client feedback so you can decide if you want to read it in full.

(All feedback is verifiable, and has been independently posted).

“My first ever colonic was with WLC. Pleasantly surprised by it all. A very good experience: Julia was lovely and reassuring, giving clear explanations before, during, after treatment. The clinic is confidence-boostingly clean. So very pleased with the aftercare advice and whole process that I booked and paid for follow up session, there and then. I highly recommend West London Colonics to anyone.”

I went here for my first ever colonic and was pleasantly surprised by the whole experience. Julia was lovely and very reassuring throughout the whole process, which really helped, as it is quite a personal process. The clinic is clean which instilled much confidence in the work that they do and all stages of the treatment were explained well before the treatment had started as well as during. I was also very pleased with the aftercare advice that was given to me. I was so pleased with the whole process that I booked and paid for another one there and then and would highly recommend West London Colonics to anyone.

AmyBumstead, visited Jan 2014

*“My boyfriend and I visited WLC to kick start 2014. Julia was thorough & attentive, finding out about our health goals, tailoring the treatment for each of us. Clinic setting and ambience? Perfect, secluded, privacy guaranteed; spotless inside, scented with essential oils. Painless, comfortable treatment. Post-colonic: Definite improvements to our systems, even from just the one treatment. Personalised aftercare suggestions made, and followed up with emails. **Will revisit for further treatments”.***

I went to West London Colonics just after New Year's Day along with my boyfriend, to give us a kick start for 2014. Julia was very thorough with her consultation, taking time to find out about both our goals and tailoring the treatment for each of us individually. The setting was perfect, with the clinic set away from the road and no public access. Inside was spotless and the room filled with the smell of essential oils. Julia managed to put us both at ease and explained how the treatment would work. The treatment itself was painless and comfortable. Julia paid attention to us throughout the colonic, making sure we got the best result possible. Since going to West London Colonics, we have both noticed improvements to our systems, even from just the one treatment, and Julia followed us both up with recommendations for our diets. We wouldn't hesitate to go back to the see Julia again next time we decide to have colonics done.

Anonymous, visited Jan 2014

"I have been having monthly treatments with Julia at WLC since July 2013 for colonic. I have these adjectives to describe her: 'incredibly friendly, discreet, professional, caring, efficient reassuring' ...I am a convert and advocate for the benefits of colon hydrotherapy from both remedial and preventative point of view... thoroughly recommend you try out coffee enemas in conjunction with colonics ... do visit Julia at WLC "

I have been going to see Julia at West London Colonics since July 2013 for monthly colonic treatments. I find Julia to be incredibly friendly, discreet and professional and she has a very reassuring approach to the treatment, which puts you instantly at ease. Julia is also caring and offers an efficient and friendly service.

I am a definitely colonic advocate and the psychological effect of seeing the elimination of potentially years of waste and possible life threatening toxins leaving my body in itself told me this should become part of a regime for me, for future prevention if nothing else.

Julia has recently introduced coffee enemas (in tandem with colonic irrigation) to me, and the toxin and waste release has been immense to say the least. The process itself leaves you feeling invigorated, refreshed and ready to face the world. Ridding the colon of waste and toxins this way releases layers of colon build-up which in turn, leads to feelings of lightness, strength and an overall feeling of good health. I would highly recommend a coffee enema and a visit to see Julia at West London Colonics.

S3238D; Visited between July 2013 & January 2014

"I had a Introductory special offer for first treatment including consultation, for one person or two and have awarded it 5 stars".

Aliya; Visited January 2014

"I was able to book online for a short notice next day appointment. Julia is friendly & warm yet professional... she knows what she is doing; the treatment is pleasant... I had some small niggles; however they might not be an issue for others. As someone trying out colonics for the first time, I give WLC an overall rating of 3 or 4"-

After an extensive research on the best option to get healthier and perhaps to clean the colon before starting a diet program I decided to give a try to the colonic therapy and so I found few good reviews from wahanda on West London Colonic; I soon bought a voucher that I saw for £50 because I wanted to try out this clinic, I booked in online for the next day and it gave me the options for my best suitable time so I choose my lunch Break. Later on I received a call from Julia, Very friendly and warm person, she requested a change on the time of my appointment, as she said she was very busy so I agreed to change for a latest time, anyway on the phone Julian offer for a massage which it will cost £15 extra, She was very kind, before she phones me she emailed me with some details of the treatment which was very nice of her.

However Julia also asked me to print out the form attached to the email because as she said she was very busy on that day that day it will be easier for her if I got all the details fill out and printed before arriving, I just thought that was a bit unusual

for a clinic and if I got to fill the form there she will have to rush me. It was raining the whole week so on the next day on my way to the clinic I could not find an internet coffee, I'm not driving so it was a bit of a night mare to find the place, there is no visible sign and it is a long walk from the main road, if you are driving you sure be ok as the Sat Nav should guide you, I walked for 15 min and almost got lost as the location is a bit confusing and there is not sign of the clinic when I reached the end of the road I realised that there is no where to go, so the last house I tried as asked and there was Julia in the garden, (as the clinic is in the back of the house).

Julia received with a nice smile, but suggested me to sit down in a wet wood bench outside while she went into the house to collect something. As there is nowhere else to sit and wait, I just stayed there in the cold and the rain.

Once Julia inside the actual clinic, I can tell that the place was very nice and clean a bit small but you cant complain. After completing the form, she spoke of the benefit of having a quick massage done £15 extra before treatment and also she offer to add some herbs to the water which it will cost £20 extra, and she also spoke of the benefit of the probiotics table (I don't remember the price) to this point I thought before having the actual treatment, I would of spend on overall £100 and I wasn't prepared for it just then. If you can afford it go for it.

The treatment was pleasant, I can tell she is a professional, She knows what she is doing. It lasted 45 min with treatment time and the questioner. Once it was finished she gave me 2 probiotic pills, very nice of her, then she suggested to have this treatment done monthly for 6 month and after that once every 3 month. I am not too keen on having a colonic irrigation monthly and I would not like to completely disable my body from doing its own detox. But that is up to anyone if they like or can afford it.

Overall I give a 3 to 4.

Annecooper; Visited Jan2014

Response from WLC

Dear AnneCooper,

Thank you for your honest review about how you found the treatment with WLC last week. You have been very fair in saying what you found good, and not so good about the experience. We can take heart about the former, and learn and improve from the latter. So thank you.

What we have learned from your comments are:

1. We have been trying for some time to link WLC calendar of appointments precisely with the Wahanda calendar. Since your appointment we have managed to do this; it means that there will be fewer times when the clients choice of dates on the Wahanda calendar clashes with our own calendar. This means fewer requests for rescheduling first choice times.

2. The client intake form: we ask clients to fill it out beforehand, so they get a chance to do it without rush, and so they get more treatment time. So this is an attempt to give better value to the client.

3. I am sorry for asking you to sit on a wet bench; Obviously I wasn't paying attention - what was I thinking! Sorry.

4. Directions to clinic: My Welcome e-mail provided directions for those travelling by car on the post -booking instructions; and our website has the map of the area shown on it, but clearly we can, and should, improve our instructions on how to get to the clinic from the tube. The walk is about 8 minutes from Northolt tube once people know the way, but I appreciate if someone doesn't, it could take longer. We should give clearer instructions so there is no possibility of people being unsure how to get to get to us.

5. The introductory colonics session is a complete, but basic service. Many clients appreciate (and benefit greatly) from the add ons (pre-colonic massage and implants). The low introductory price of the basic service means that many clients also find that one or two of the add ons are affordable. At the same time we recognise not all our clients want the add ons, they are optional. I suppose that to some extent WLCs offerings are like a pizza, with different toppings that can be added. The basic 'pizza' is quite edible, and in fact compares very well with the offerings of other clinics, but the toppings might make what we offer just that bit extra special. At least that's what we hope!

6. For clients who have digestive issues, and who hope to use colonics to help deal with it, we do say that a single colonic will only offer symptomatic relief. Most clients report, (as you did) feeling very good after their first colonic. However that's a short-term effect. To make lasting changes requires a series of colonics, as described in the information article I sent you: How often is colon hydrotherapy needed. People who have a series of colonics discover that it actually restores functionality rather than 'disabling' the body. I apologise that I obviously did not convey this important point across to you.

Finally, again thank you for posting such a detailed, and honest review of your impression of us. As I said it gives me pointers on what to do differently next time. We genuinely appreciate all our reviewers because it shows they care enough about the colonic treatment/ WLC to comment.

That's healthy for us as a service -led business. What we 'fear' are clients who are indifferent, and keep their thoughts to themselves.

I hope you will visit us again, when hopefully you would have an overall experience that you would score higher!

Warm Wishes

Julia

About session length and on -table session time

My specific response to AnneCooper is posted separately underneath - this is a more general comment.

In the context of the review above , I am making a clarifactory comment about session length, for the benefit of all readers.

The overall introductory colonic session lasts 60 minutes. WLC don't skimp on session length; the only context in which clients get less time is if they arrive late, and I have other clients after them. (As a matter of professional courtesy, I see on-time clients at their scheduled times-its unfair to keep clients waiting).

Within the overall colonic time, some time is spent on the consultation. This

establishes the baseline for colonic treatments. If the client completes the intake questionnaire before the session and brings it with them, it saves time, and makes more time available for the main on- table colonic session, which lasts between 25-35 minutes. Longer on- table sessions aren't necessarily better for people new to colonics. One of the most important factors relating to having a 'good 'first time colonic is pre-colonic preparation (particularly hydration), not so much on-table time.

So why do we see people who book at short notice, since they would not be able to prepare as well?

Because we have learned from experience that for some first timers, a colonic is one of those things that they want to get done and over with before they lose their nerve! They don't want to have a long lead -in period to think about it. So in such cases, best strike whilst the iron is hot rather than let psychological tension build up. It's a pragmatic approach. I work hard to ensure that first-timer nerves are allayed, and now have a lot of experience doing this successfully (most times). Assuming the client has a reasonable session, they are more likely to be receptive to a more structured use of colonics for their wellbeing objectives

Julia; January 2014

"Julia is a polite and knowledgeable professional who put me at my ease. I was thoroughly satisfied with the treatment I received, which I thought was excellent value for money. Elena"

Helen888, visited October 2013

" Several sessions with WLC... really satisfied with everything.... Julia is very courteous & professional... she takes time to explain...allaying any possible embarrassment... the procedure has *woken up* my digestive system...I recommend it".

I have had several sessions at West London Colonics and I am really satisfied with the treatment and the overall experience.

First of all, I'd like to vouch for the courtesy and professionalism of Julia.

The first time she explained to me the benefits of the treatment as well as how the procedure works in great detail. Her friendliness and good manners made me feel at ease. The thorough explanation of the treatment and the way she answered my questions gave me the reassurance she knew what she was doing. At no point have I felt uncomfortable or embarrassed.

As for the procedure, I think it's helped me "wake up" my digestive system and cleanse my body (I had recently finished a long course of antibiotics and therefore had colonics)

I would recommend it.

ecg80, multiple visits July 2012- Dec 2012

“Julia goes the extra mile; ongoing treatment package prices are good value; well structured approach to treatment; I was put at ease.... with good level of explanations from Julia.... who was patient and empathetic throughout; I felt reconnected with my body... felt fresher, lighter and with renewed zest for life ...I have booked further sessions”

I have waited a little while before writing this review because I wanted to make it fairly detailed.

I personally found that the more detailed reviewers gave me the most useful insight- perhaps because I am a rather detail-oriented person!

I am also the person who asked the question about low- priced colonics treatment, which the Wahanda community were generous in responding to.

All the responses were helpful, but West London Colonics Julia seemed to go the extra mile. I spoke to her on the phone (this is one of the things she suggested a newbie to colonics should do!), and also checked out her Wahanda profile, which incidentally wasn't so easy to do with some of the other clinics I looked at).

The WLC Wahanda page was informative and gave me links to satisfy my desire for more information.

After talking to Julia, I was satisfied that she was the right person for me to have my first colonic with.

She suggested I book a little extra time (over and above the standard 60 minute treatment time), picking up that I didn't want this first treatment to be rushed, and although I had wanted a low price colonic initially, I realised that she was talking good sense.

And in any case, WLCs pricing both for initial treatments, and ongoing treatments (what Julia calls a 'series') are very good compared to other London clinics.

So what was the structure of the treatment?

- The consultation (using a health questionnaire which was focused and well thought through, I didn't feel rushed through it, but neither was it a drawn out affair. Julia was careful too check for contra indications to treatment.)
- A pre colonic abdominal massage – to release the colon muscles. (Julia explained the colon hold a lot of the stress response of the body)
- Then the colonic itself
- Then the retention implant (I had the probiotic implant, but she explained there are other possible substances too, ranging from coffee (!) to flaxseed tea.
- Then the after care session when Julia explained the do's/ don't's for the next few days after the colonic

The treatment itself is strange at first, but I got used to it a lot quicker than I expected. Julia is very good at making you feel at ease; it helped that I felt I knew her from the telephone conversation and e-mail communication before the session. I felt I was in very competent and experienced hand, and there was no need for me to feel concerned about anything. I could feel my abdomen relaxing deeply with the pre-colonic massage, and that relaxation (plus drinking plenty of water for a few days before the colonic) made the colonic itself a fairly comfortable experience.

In a strange way, I found the process itself made me feel connected with my body rather than thinking of it as alien territory. It was satisfying to sense how the water and the herbs in it were stimulating natural responses, almost like waking up a lazy, dormant part of me. Again, Julia was good with her explanations. She told me that reconnection with ones body was one the unsung benefits of colonics. She said people began to trust their bodies more, after having a few colonics, particularly people with IBS and the like. That's not to say that there was not some temporary discomfort. I did get some hot flushes on the right side of the body (the liver flushing, said Julia), some cramp like stomach pains, also unexpected emotional feeling coming up. Julia was patient and empathetic throughout, justifying the label of 'colon whisperer', which she says one client conferred on her. (Which others have picked up on; me too, I think)

Julia explained also that it can take 24 to 72 hours after treatment for bowel activity to return to normal; and there would probably be a small but distinct improvement in the quality of bowel movements. Lighter and easier. For me it was 24 hours.

And for sure, I definitely saw a difference along the lines that she mentioned. Fresher, lighter and with renewed zest for life even as winter draws in on us. Julia suggested I give myself a little time to rest and really benefit from the treatment – not to rush into the hurly- burly of every day life.

In fact, I was struck by how much emphasis she put into the pre- treatment preparation and post-treatment consolidation stages.

She keeps emphasizing that colonics are a support to a healthy lifestyle, not an excuse for having an unhealthy lifestyle.

This could be irritating to those who hope that colonics are a magic pill, but I found it helped me focus on my role in the process of re-engaging with health.

So what next for me? I have booked a series of colonics, a nicely priced package of 5 treatments (with the 5th treatment being free) plus a complimentary probiotic implant thrown in. Having enjoyed the pre-colonic massage and the post-colonic implants, I will pay a little more and definitely take them up for some, (may be all), of my forthcoming sessions.

Oh, just a last point, if you do go to Julia, be aware that she is a lady who appreciates being given feedback; she asks for it post session, and she is keen for her clients to write their reviews on WLC s business page on Wahanda.

She told me she now requests every client to comment on their experience, whether they are a single-session client or someone who elects (like me), to do a series. Her point of view is that a spectrum of experiences help the prospective client get the users perspective. A refreshing attitude, I thought. She says also that it's the only way for her to check out that her view of the session matches that of the client! Of course, Julia ruefully comments that people being as busy as they are, and colonics being the kind of treatment that they are, fewer people post reviews than do for standard beauty related treatments. (All I can say is Thank god for being able to post reviews under the anonymity of a user name. It may take me some time to come out of the closet on this one.)

Daynaloy; visited Dec 2013

Had a really relaxing and pleasant first experience thanks to Julia, everything is really friendly yet professional and I am definitely going back!

kirstyj; visited Dec 2013

"... A great place... my first-timer anxieties allayed...felt welcomed; clean and comprehensive provision; feeling better and better with series; definitely continuing ... wholeheartedly recommended."

West London Colonics is a great place to get colon therapy done. I was apprehensive before my 1st session but the therapist, Julia, is very welcoming and put me at ease straight away. The premises are clean and everything you need is provided for. I have now had about 4 sessions and each time I have felt lighter and more clear headed, which is probably a result of the toxins having been expelled from my body. I am planning and hoping on doing more sessions with Julia in the near future. I would wholeheartedly recommend West London Colonics for the beginner and the seasoned colon therapy goer.

doolit1981; Dec 2013;

"Colon hydrotherapy is like the unfolding of a mystery novel... in the hands of a masterful practitioner ... the bad guys can be brought to justice..."

WLC's Julia is a well-experienced practitioner, with a deep enthusiasm and passion for the possibility colon hydrotherapy offers in restoring health & well-being. This is infectious. Where earlier (before I started colon hydrotherapy) I felt deep fatigue and dissatisfaction with my level of vitality, (advancing years and inevitable deterioration - I thought), now I am encouraged about my body's self-healing capacity. What a lot of difference the combination of sensible eating / hydration (drinking water) and colon cleansing makes! It is like a *one-two knockout combo punch*. In my opinion the caliber of the colon therapist also makes a big difference. At one time I thought that colon hydrotherapy was pretty much a mechanical matter. After all, if you read the descriptions of the colonics process, you could be forgiven for thinking its essentially about pumping water in and out of the colon, right? Maybe that's it at a surface level, but my experience is that in the hands of a truly competent practitioner, it's rather more. Julia treats it like the unfolding of a mystery novel. She looks for clues about the villains and accomplices to the crime of ill health perpetuated on the body. Whodunit? And who helped? As the sessions progress, its like different chapters in the book, with the various characters making their entrance, i.e. for me the rough sequence of problems was gas, cramping, sluggish liver, mucus in the system, healing reactions from die off of old disease conditions ...things like that. Julia took each presenting problem/ symptom in her stride, and is reassuringly confident that with patience and perseverance "the bad guys can be brought to justice". She draws from her knowledge of an array of herbs and enema implants that will have the best effect. No, I haven't got to the end of the book yet, but I have, with Julia's help (and my own efforts), completed several chapters. Whodunit? Don't know that there's a neat answer to that, but who- **UN dun it?** Glad to say, I am playing my part in that! Anyway, in my opinion, you won't regret seeing Julia if you are not just after a quick-fix answer, but are looking for an approach that will deliver ongoing health improvements.

- Sharen, visited Nov 2013

“Julia at WLC is now my go-to lady for my digestive system...clinic delivers on the fundamentals cleanliness and safety, privacy, well maintained equipment, value for money, commitment to ongoing clients, competence, highly recommended ”

When it comes to Colonics, as far as I am concerned, it starts and ends with Julia, at West London Colonics. I have experienced Colonics at many places over the last 30 years, in San Diego at the Optimum Health Institute, at Obsidian in Spain, and of course at other clinics in London. Some clinics have been spic and span, and rather coldly clinical. Others have been well meaning, but the therapists simply lacked the certain something to give me the confidence that I was in good hands. Still others were pretty expensive, without delivering a therapeutic experience that matched the pricing.

Julia at WLC is now my go-to lady for my digestive system. I have that found that if it's not working properly, everything else seems to let me down. Julia hasn't though - let me down, I mean. She offers a "no- nonsense, focus on the fundamentals" style of working with me, and my health, that I appreciate. Her clinic delivers on all the factors important to me: attention to detail as to cleanliness and safety, privacy, well maintained equipment, value for money over a whole spectrum of treatments, commitment to ongoing clients, competence and confidence in her skills. Her clinic is also set in a beautiful environment.

What more can I say? I highly recommend her.

montgomery, visited Nov 2013

“Try WLC out if what's important to you is: service not luxury, substance not style, strategic approach to health not tactical, locational advantage, deep expertise in colon hydrotherapy,”

This clinic, a small friendly specialist colon therapy business based in West London (near Northolt station) is in my opinion, well worth trying out if (like me) you have the following criteria:

1. Value for money, both on introductory offers and follow up packages; you pay for the colonics service not for the trappings.
2. A preference for substance over style (WLC is based in a purpose built clinic dedicated to colonics, but is by no means flashy.) They are focusing on the fundamentals of giving a good service. (Since I have a background in the service industry, I appreciate how critical this is.)
3. Willingness to consider colonics as strategic health modality not simply a tactical thing, to be done ad hoc. My experience is that WLC has met my own commitment by stepping up its own - they do treat me as an individual, not just as a 'number' going through their books.
4. specialism and mastery of their craft -wanting to work with a number of carefully selected health professionals to improve my health (for me the essentials are a good colon hydro therapist;, source of good nutrition information; Ayurveda and yoga). In each category, I have found it better to work with someone who has spent time really honing their understanding, rather than someone who has just collected a number of certificates (in different disciplines,) but has no deeper understanding of the treatment. Jack of all trades ...

5. A good location for me- just like with using a gym, I use a service more when it's easy to use. WLC is conveniently located for me, near Northolt tube station.

6. Good informational newsletters for existing client, with genuinely interesting and useful info, not only sales oriented stuff, or a rehash of the same tired blurb to be found on many colon therapy sites.

Try them if this kind of thing fits for you.

-livinghealth, visited Nov 2013

"Kindly reassurance, together with competence backed by knowledge"

Julia is very knowledgeable and competent. She clearly enjoys what she does and takes great pride in her work. Her space is easy to get to, clean and efficient, and her equipment is top of the line. The treatment was not uncomfortable in any way, and Julia's kind presence is reassuring throughout. The enema herbs and the probiotic implant were well worth the extra spend. I would definitely go back again and am happy to recommend her services. If only she was located closer to me I would be a much more frequent visitor!

-Britaine, Visited May 2013

"Nice, professional treatments; Julia allayed my fears, ...and I always feel great afterwards"

I am very glad that I found this clinic. In the beginning I was afraid of it, but I had problems with constipation and terrible headaches, so I risked it and I called Mrs. Julie. Julie is very nice and professional women. There is nothing to be afraid of. So apart from the beginning, when the colon therapist inserts a tube into the anus, it is a bit uncomfortable but then you are just lying and relaxing.

I have done it 5 times so far and I am going to carry on. I am always having a great feeling after the procedure. I felt very clean and lightweight. I can definitely recommend.

Sonik, visited January 2013

"Friendly, informative, comfortable ...compares favorably with colon therapy experience with others"

The therapist was really friendly and explained everything, making me feel at ease and offered lots of aftercare advice.

I have had this treatment before, at different venues, and they have sometimes been uncomfortable, but I didn't have this at all.

I would definitely visit here again.

-Vodie, visited January 2013

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

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

"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"

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 donein 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.

-Visited Oct 2012

" Its worth it, fantastic results ... feel great; already telling my friends about it... so incredible"

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.

-Soravat, visited Sep 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"

..... 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.

-Hicky, visited Jul 2012

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

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

-Lexus, visited Jul 2012

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

.....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. :)

-- Lilmissmorgan, visited Jun 2012

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

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

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

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

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

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

"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"

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