Nurturing mind, body and soul with the correct information and an integrative approach

<table>
<thead>
<tr>
<th>Service</th>
<th>Initial Consultation</th>
<th>Single Treatment</th>
<th>Course of 3 Treatments</th>
<th>Course of 6 Treatments</th>
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<tbody>
<tr>
<td>Colonic Hydrotherapy</td>
<td>£110</td>
<td>£95</td>
<td>£270</td>
<td>£510</td>
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<td>Nutritional Counselling</td>
<td>£110</td>
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<td>Stop Smoking in One Hour Guaranteed</td>
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<td>Kinesiology-Emotional Balancing</td>
<td>£110</td>
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<td>Food Sensitivity Testing</td>
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<td>DUTCH (Complete Hormonal Profile)</td>
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<td>Reflexology</td>
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<td>Thai-Sports-Deep Tissue Massage</td>
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<td>Pregnancy Massage</td>
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<td>Four Hands Massage</td>
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<td>Osteopathic Manipulation (OMT)</td>
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<td>Aromatherapy</td>
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<td>Laser and Light therapy</td>
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* Treatment courses are valid for 6 months
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DETOX PROGRAMMES IN LONDON

➢ EXPRESS DETOX
The programme lasts 10 days and comprises:

- Three Colonic Hydrotherapy Treatments
- Nutritional recommendations and educational material with easy to follow instructions
- UltraClear PLUS Ph® metabolic clearing and detox booster
- A complimentary skin brush

Complete programme £325

➢ ASSISTED JUICE FAST AND TISSUE CLEANSING
The programme lasts 8 days and comprises:

- Six Colonic Hydrotherapy Treatments with herbs and coffee
- A strong probiotic implant on the last treatment
- Nutritional recommendations and educational material with easy to follow instructions
- A Psyllium and clay bowel cleanser
- A complimentary skin brush

Complete programme £580

➢ BEAT CANDIDA PROGRAMME
The complete programme lasts 6 to 12 weeks and comprises:

- Six Colonic Hydrotherapy Treatments using herbs
- A strong probiotic implant on the last treatment
- Specific laboratory testing for Candida and yeast
- Nutritional recommendations and educational material with easy to follow instructions
- A specific nutritional supplement programme

Complete programme £670

➢ PARASITE CLEANSE
The complete programme lasts three weeks and comprises:

- Three Colonic Hydrotherapy Treatments with specific parasite busting herbs
- An intense herbal supplement programme with proven efficacy against a wide range of parasites
- An optional laboratory test before and after (additional cost)

Complete programme £330
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DETOX PROGRAMMES IN LONDON

➤ LIVER AND GALL BLADDER CLEANSE
The complete programme lasts one month* and comprises:
- Three Colonic Hydrotherapy Treatments with coffee implant
- Nutritional recommendations and educational material with easy to follow instructions
- A complete herbal programme
- A complimentary skin brush

Complete programme £365

➤ GALL BLADDER FLUSH
The Programme includes:
- Two Colonic Hydrotherapy Treatments plus an additional treatment within a month of completing the flush with coffee implant
- Nutritional recommendations and educational material with easy to follow step by step instructions

Complete programme £270

➤ TARGETED WEIGHTLOSS
Each week comprises:
- A Colonic Hydrotherapy Treatment
- A motivational session incorporating EFT and addressing possible underlying issues
- A tub of UltraClear PLUS Ph® metabolic clearing and detox booster

Complete programme per week £140

➤ ALKALISING CLEANSE
The cleanse lasts 21 days and comprises:
- Three Colonic Hydrotherapy Treatments
- Nutritional recommendations and educational material with easy to follow instructions
- A Ph balance supplement
- Ph measurement strips to monitor progress

Complete programme £330
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URBAN DETOX RETREATS IN LONDON

➢ DETOX DAY

The day includes:
- 1 x Colonic
- 1 x Massage
- 1 x Reflexology treatment
- 1 x guided meditation
- 2 x juices and detox supplements for the day

Complete programme £275

➢ DETOX WEEKEND

Weekend comprises:
- 2x Colonic hydrotherapy
- 1x Massage
- 2x Reflexology treatments
- 1x personalised consultation
- 3x mindfulness classes
- 2x Meditation
- 1x Art Therapy Class
- 6x Juices and detox blend

Complete programme £499

➢ EXTRA TREATMENT ON URBAN RETREATS

Subject to availability, additional treatments can be booked on your Urban Detox Retreat

- Reflexology 30 minutes £30
- Reflexology 60 minutes £60
- Reflexology 90 minutes £85
- Massage 30 minutes £35
- Massage 60 minutes £65
- Massage 90 minutes £95