

Cleanse Programme

An inclusive and supported 6 week programme to cleanse your system and get back to balance.

Duration – 6 weeks; Cost - £1000

Programme Clinical Lead – Bridget Batty BHSc (Naturopathy) - Naturopath, Nutritional Therapist and Herbalist; bridget@healthoptimising.co.uk

Our Health Optimising Programmes offer you guided support from an experienced Clinical Lead. Free access to our Clinician OnCall Acute Same Day Service is also included (please put the Hotline number - **020 3951 0457** - in your phone now) Our Cleanse Programme represents a saving of more than 50% over booking treatments individually.

INCLUDED

Review with Clinical Lead (x2)

We recommend Reviews throughout the programme to demonstrate improvement and to highlight where work is still required.

Advanced Lymphatic Drainage (x6)

The status of your lymphatic system is important for improving immunity, draining excess fluid, absorbing & distributing fat soluble nutrients. Includes a light cleansing massage with indicated essential oils to further encourage lymph drainage.

Colonic Hydrotherapy (x5)

A very gentle & effective method of cleansing. By removing harmful waste material, detoxification is given a real boost and your immune system can breathe easily again. A healthy, well-functioning colon is essential for optimal health.

Liver/ Kidney/ Gallbladder Flush - undertaken to support the breakdown and release of toxins in the main organs of detoxification

FIR Infrared Sauna (weekly)

FIR stands for "Far Infrared Ray" and is often referred to as the "light of life" as around 80% of the sun's rays fall within this spectrum of light. FAR infrared heat is renowned for its energising powers as it's wavelength matches that of human cells. FAR infrared rays tend to heat objects rather than the air in between. As a result sweating can occur at lower air temperatures and high perspiration levels can be achieved.

TERMS & CONDITIONS

Programmes must be paid for at the time of booking and we are unable to offer refunds. Price excludes any additional Health Optimising assessments or treatments not listed, Laboratory Tests (blood/urine/stool/breath), Prescribed supplements/herbal medicines/homeopathy.