

Inner Bliss Rejuvenation Center

760.518.0979 www.innerbliss.com

Thank you for scheduling an appointment for colon hydrotherapy! We look forward to meeting you, and hope the following information will help you to derive the greatest benefit from your session.

- Location:** We are conveniently located just west of the I-5 Freeway in Encinitas, California.
- Directions:** When booking your appointment you will be given directions to the center.
- Parking:** ****Please park on the west side of the street along the fence directly in front of the center****
- Time:** First appointments last about 1 hour and 15 minutes. Regular sessions last one hour.
- Investment:**
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| 1 session (a great start) | \$85.00 |
| 3 sessions* (mini cleanse) | \$240.00 |
| 6 sessions* (rejuvenating cleanse) | \$460.00 |
| 12 sessions* (transformational cleanse) | \$900.00 |
- *all series have a 12-month expiration, are non-refundable, and are paid in full at time of first appointment
- Payment:** ****We accept cash and local checks****
- Cancellation:** Cancellations must be made at least 24 hours before your appointment to avoid full fee.
- Instructions:** Please fill out the intake questionnaire and bring it with you to the appointment.

To prepare for your colon hydrotherapy session:

Do not eat for two hours before your appointment, and do not have fluids for one hour before your appointment. The previous day try to avoid carbonated beverages, meat, and gas forming foods such as beans, broccoli, cabbage, onions, or anything else that gives you gas. If you would like, you can eat lightly for multiple days before your appointment to derive the greatest benefit from your session. Begin hydrating a couple days before your appointment by increasing your consumption of water, fruits, and vegetables. Do not drink large amounts of water for two hours before your appointment. If you have not had an elimination for a few days, a two quart enema or an herbal cleansing program can be helpful. If you would like to begin an herbal cleansing program before your appointment, please call the office. We carry a wide range of cleanse products that will help you to maximize your results.

After your colon hydrotherapy session:

Eat light foods, such as steamed vegetables, fresh vegetables, soups, fruits, smoothies, etc. Avoid heavy foods such as red meat, deep fried foods, dairy products, and refined foods. Drink plenty of water to assist your body in removing toxins. You should be able to return to work or resume your daily activities immediately after your appointment. If possible, spend your evening taking a bath, resting, and relaxing. A bath with a half cup of raw organic apple cider vinegar can be very beneficial.

Thank you for making this powerful investment in your health. We look forward to working with you!