

Lavender Rooms
Colon Hydrotherapy Clinic

www.LavenderRooms.org.uk
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Relaxing Epsom Salt Bath

Fill the bath with comfortable warm water, it should be hot enough to last a while but not too hot to be uncomfortable.

Add four tablespoons of Epsom salts into the water, distributing it evenly.

Climb in and stretch out and soak for one hour.

This will open the skin and pores and eliminate toxins and poisons.

Without using soap the effectiveness of this treatment can be observed in the tide mark and dark water at the end of the bath.

A quick warm shower will rinse away any residue that may clog up the pores again.

Castor Oil Pack

After bathing and before retiring, gather a bottle of Castor Oil, a roll of cling film and a heating pad or hot water bottle.

Spread the Castor Oil over the abdomen/colon.

Wrap the cling film completely over the Castor oil, then place the heating pad or hot water bottle over the abdomen for about one hour and relax.

The combined action of the Castor Oil and the heat penetrates into the intestines and softens encrusted faecal matter, loosening it from within the pockets of the colon. This helps the removal of the encrusted matter during the next colonic irrigation session.

These items are now available to purchase from Lavender Rooms

Epsom Salts	£3.00
Castor Oil	£5.00

Dry skin brush	£8.00
Acidophilus	£4.00

