

Pure Wellness

Welcome to Pure Synergie Wellness where our aim is to provide you with exceptional treatments infused with the highest quality of products for maximum results.

Our highly trained therapists are all skilled Colon Hydrotherapists / Health Professionals with years of experience in the health sector, and they are here to help and guide you to a better colon health thus helping you achieve a greater quality of life.

Did you know that 20,000 are diagnosed with bowel cancer annually? The UK is now the most constipated nation in the world with the second largest selling pharmaceuticals worldwide being laxatives and thirdly antacids .

What is Colonic hydrotherapy?

A colonic irrigation is a treatment that stimulates the bowel by using your body's natural response mechanism, thus making it a natural treatment rather than using laxatives which is an irritant. By using your body's natural muscular activity, colonic irrigation helps to tone and exercise your bowel, thereby helping it to eliminate waste during and after your treatment. It helps to remove fecal matter, gas and mucus by gently rinsing the colon with warm water.

The benefits of Colonic hydrotherapy:

- increased energy
- improved circulation
- clearer skin & eyes
- mental clarity
- weight normalizing
- better digestions
- relief from bloating and heaviness.

Are colonic treatments safe?

Yes they are. This is due to the fact that our system is a closed system and NOT a self administered treatment, but conducted in a hygienic and safe environment, by a highly trained therapist, who is by your side throughout the entire treatment. There is no damage to internal organs and the water used during your treatment is filtered, and administered under low pressure. Additionally all our equipment is either disposable or sterilised before and after use.

How to find us



Pure Synergie
20 College Approach
Greenwich.
SE10 9HY
Inside MyDetoxDiet

Tel: 0207 836 7248

Email: puresynergie@hotmail.co.uk

www.puresynergie.co.uk

Opening Hours

Mon—Fri	9am-8pm
Sat	9am-6pm
Sun	10am-6pm

As a courtesy to our therapists and other clients, please give us a minimum of 24 hours notice if you wish to cancel or change your appointment, or we will otherwise have to charge you the full fee as part of our cancellation policy.

pure Synergie
beauty | wellness

colon hydrotherapy · detox programs

Pure Detox Cleanse

This program is designed to fit into any busy lifestyle and is used by many of our clients as an introduction to a healthy weekend or at the start of a juicing or fasting program.

This program incorporates **3 treatments** to be taken consecutively:

Colonic Hydrotherapy :

Colonic hydrotherapy is the most essential part of your detox. It helps to remove the build up of excess waste and toxins from your colon in a mild and gentle fashion. It helps to stimulate your lymphatic system whilst exercising your colon to work harder and better for you.

Detoxifying Body Wrap(Green Algae Goddess):

This highly effective Algae wrap is packed with amino acids, minerals, vitamins and micro nutrients making it an appealing wrap to eliminate harmful toxins, minimize water retention and re nourish the skin. This treatment also activates circulation, increases metabolism, and improves skin conditions such as eczema, psoriasis and cellulite. This wrap is excellent for detoxifying, general well being and total relaxation. This body wrap includes a full body scrub.

Iyashi Dome

The Iyashi Dome is a far infra red dome which was first developed in 2006 in Japan. It is being used in the beauty and wellness industry to help detoxify and rejuvenate the skin, eliminate toxins, reduce, enhance and tone your silhouette, and give you an overall sense of relaxation and well being.

Up to 600 calories can be burnt in one session and the Iyashi dome produces the same quantity and quality of perspiration as a 20km run.

3 Hours £159

Pure Mini Cleanse

Our half day Pure Detox Cleanse is our Signature Cleansing program. This popular cleansing program has helped a huge number of our clients achieve amazing results, and many book this program several times a year to keep them on the right healthy track.

This program incorporates **4 treatments** to be taken consecutively:

Colonic Hydrotherapy :

Colonic hydrotherapy is the most essential part of your detox. It helps to remove the build up of excess waste and toxins from your colon in a mild and gentle fashion. It helps to stimulate your lymphatic system whilst exercising your colon to work harder and better for you.

Detoxifying Massage(Complete Tranquility Massage):

Our detoxifying massages will help to stimulate your circulation, and improve your lymphatic system by helping to remove toxins and excess water on a cellular level thus helping to firm and improve the tone and overall elasticity of your skin.

Detoxifying Body Wrap(Green Algae Goddess):

This Algae wrap is packed with amino acids, minerals, vitamins and micro nutrients making it an appealing wrap to eliminate harmful toxins, minimize water retention and re nourish the skin. This treatment also activates circulation, increases metabolism, and improves many skin conditions such as eczema and psoriasis. This wrap is excellent for detoxifying and general well being.

Iyashi Dome

The Iyashi Dome is a far infra red dome which was first developed in 2006 in Japan. It is being used in the beauty and wellness industry to help detoxify and rejuvenate the skin, eliminate toxins, reduce, enhance and tone your silhouette.

Up to 600 calories can be burnt in one session and the Iyashi dome produces the same quantity and quality of perspiration as a 20km run.

4 Hours £189

Pure Weekend Cleanse

Our weekend cleanses are incredibly popular. In collaboration with [*Mydetoxdiet*](#) juicing company, we have introduced a detox program which starts on Saturday morning and ends on Sunday evening. Not only will your program incorporate 2 of our amazing treatments, which can be taken consecutively on the Saturday or Sunday, but you will also receive 5 freshly prepared juices delivered directly to your front door. It doesn't get any easier.

This program incorporates **2 treatments** to be taken consecutively and **2 days** worth of healthy juices.

Colonic Hydrotherapy :

Colonic hydrotherapy is the most essential part of your detox. It helps to remove the build up of excess waste and toxins from your colon in a mild and gentle fashion. It helps to stimulate your lymphatic system whilst exercising your colon to work harder and better for you.

Detoxifying Body Wrap (Green Algae Goddess):

This highly effective Algae wrap is packed with amino acids, minerals, vitamins and micro nutrients making it an appealing wrap to eliminate harmful toxins, minimize water retention and re nourish the skin. This treatment also activates circulation, increases metabolism, and improves skin conditions such as eczema, psoriasis and cellulite. This wrap is excellent for detoxifying, general well being and total relaxation. This body wrap includes a full body scrub.

£199