



**ATLANTA COLONIC
& MASSAGE SPA**



**Ageless Beauty
Spa**

During & After Your Colonic Session

Our Mission Statement

We are dedicated to exceeding expectations by providing superior holistic care that contributes to health and wellbeing of the community we serve.

Our goal is to provide an escape from the stresses of life, rejuvenate energies, and nurture health; thereby creating a sense of wellbeing that carries over into everyday life.

Questions? Please contact us:

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Facebook: facebook.com/AtlColonicMassage

Instagram: www.instagram.com/atlantacolonicandmassage/

Twitter: twitter.com/Colonic_Message

NOTICE: The information provided herein is not to be considered medical advice, diagnosis or treatment of any specific medical condition and should never be used as a substitute or contraindication for advice, therapy or treatment from a licensed medical practitioner or physician.

During your Colonic Session

The hardest part is over, you're here!

While on the LIBBE Colonic table, remember the following: Insertion of the rectal tube **should not be painful**! If you feel pain at any time...**STOP** and call your therapist.

Remember, you are in control of your session at all times. If at any time you feel pain, excessive discomfort or need to discontinue your session, simply turn off the water flow or remove the rectal tube.

- You may feel some discomforts during your session, such as mild cramps, nausea or chills. These are common especially if you are very toxic or constipated. Water flow, temperature adjustments and aroma therapies can be helpful to reduce these symptoms.
- We store many emotions in our gut and you may experience them during the colonic. It's OK to release those thoughts and feelings.
- **Remember to relax.**



After your Colonic Session

After a colonic session, many clients say they feel cleansed and light as if they've had an internal bath. Often clients describe increased energy, clarity and a sense of wellbeing. Some clients express feelings of fatigue or slight nausea, as toxins are stirred up in the colon during the session. Mild symptoms such as these may be uncomfortable but are not unusual. Typically, the more you cleanse the less these symptoms occur.

The International Association of Colon Hydrotherapy highly suggests beginning your cleansing program with two colonics in a 24-48 hour period, referred to as "Back-to-Back" sessions.

Electrolytes

Cleansing your colon may cause an imbalance of electrolytes in the body and therefore it is very important to insure electrolytes, minerals and trace elements are replaced. ACM provides each client with an electrolyte drink after each session.

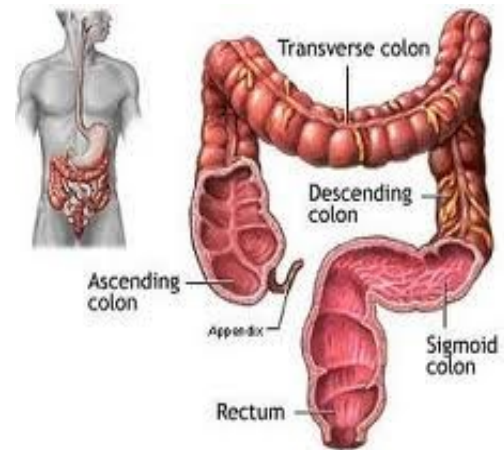
What to Eat After

Avoid heavy meals for at least 24 hours after each colonic session. After multiple sessions (optimum) we suggest limiting your diet for the first 24 hour to the following:

- Steamed/Pureed Vegetables (Avoid broccoli, cabbage, brussel sprouts or other gas forming vegetables)
- Broth Style Soups
- No Raw Vegetables
- Fruit or Fruit smoothies(non-dairy)
- Fruit or Vegetable Juices
- No dairy products
- If you must have protein, try baked or grilled fish
- Bottled Water
- Herbal Teas

When Will I Eliminate Again?

After a Colonic, some people eliminate later in the day, but most do not eliminate again for a day or two. Colon hydrotherapy may also help to stimulate and train peristaltic action so you eliminate more regularly on your own. When the food enters the stomach a nerve impulse is sent to the colon prompting it to contract and eliminate. Typically if we eat 3 times a day we should eliminate 3 times a day.



Probiotics

As you cleanse, both good and bad bacteria are removed. The natural good bacterial which naturally inhabits the GI tract helps maintain your digestive, immune system, and elimination health. It's **important** to replace your intestinal flora with Probiotics. Poor eating habits, stress, disease, antibiotics in food and medicine, can wreak havoc in the gastrointestinal tract by destroying the natural balance between good and bad bacteria.

ACM offers a pharmaceutical grade of Probiotics for purchase. We strongly encourage daily use of Probiotics, but especially while experiencing colonics.

How Many Colonics Should I Receive?

Most clients begin with 2-3 colonics over a week to break up a bound condition and continue with a series of weekly colonics (8-12 colonics to completely cleanse the entire 5 ½ - 6 feet of colon).

After your initial series, I-ACT (International Associate for Colon Hydrotherapy) suggests a maintenance program of one or two colonics a month along with healthy eating habits. ACM offers individualized, discounted packages to support these programs.



Want to know more?

ACM also offers additional modalities to help release toxins as part of “Restoring the Lost Art of Cleansing”

Therapeutic Massage:

We offer a variety of massage customized especially for you, with many specialized techniques to provide a session tailored to your needs.

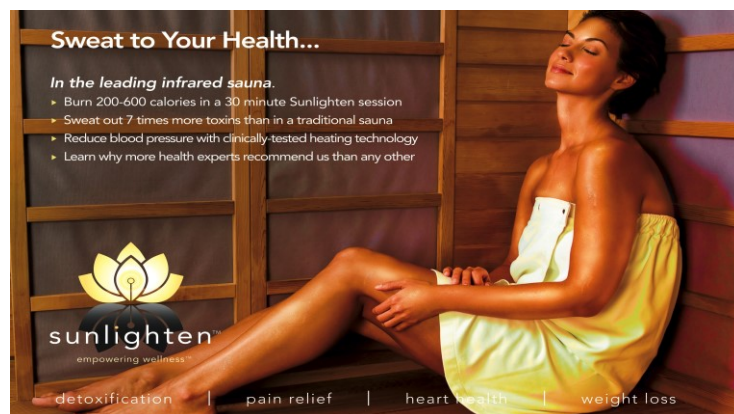
Techniques include Deep Tissue, Neuromuscular Therapy, Swedish Massage Therapy, Myofascial Release, Manual Lymphatic Drainage, Healing Touch Energy Balancing, Hot Stone and Cupping.

All massages sessions are enhanced by a **Bio-Mat**, using Amethyst crystals as a catalyst. This provides both warm far infrared energy waves penetrating deep into the body and negative ions, helping to revive cells, increase circulation and remove toxins naturally.



Far Infrared Sunlight Sauna:

The Infrared Heat wavelength helps purge toxic waste and heavy metals from the body, via perspiration. An added bonus, it enables the body to burn extra calories in just minutes!



Ionic Foot Spa:



The Ionic Foot Spa helps to further cleanse toxins from your body. Your feet have over 2,000 Eccrine glands acting as a natural gateway for releasing salts, heavy metals, and organic compounds.

Experiencing the above modalities in the order of Massage, Sauna, Colonic, and then the Footbath helps your body detox in the ideal order.

Esthetics Services:

- HydraFacial
- Micro-Needling with PRP or Growth Factor Serum
- Customized Facials
- Microdermabrasion
- Anti-Aging Treatments
- Back Facials
- Waxing
- Eye Lash & Brow Tinting

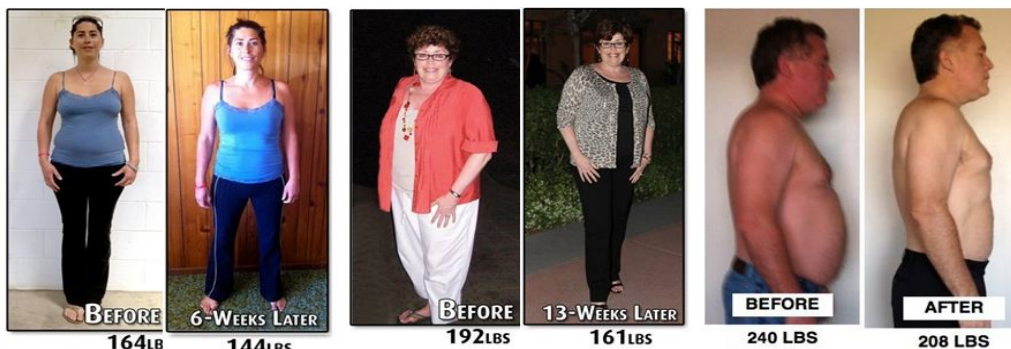


Ageless Beauty Spa offers experienced estheticians who will analyze your skin condition and help you choose the best facial treatment for your skin type. One of our most popular facials, the **HydraFacial** is the only hydra-dermabrasion procedure that combines cleansing, exfoliation, extraction, hydration and antioxidant protection simultaneously, resulting in clearer, more beautiful skin with no discomfort or downtime giving it a healthy, radiant glow and balanced complexion. Loved by the medical community, beauty editors and celebrities alike.

Check out **MicroNeedling treatments** are more effective than surgical treatments, laser resurfacing and chemical peels in stimulating collagen and elastin production, reinforcing the skin, lessens fine lines, wrinkles, and pigmentation from sun damage, smooths scars from surgery, acne or chickenpox, large pores, uneven skin tone and age spots in as little as 6-8 sessions. Recovery time is minimal at a fraction of the cost compared to surgical treatments. The body immediately springs into action building collagen and elastin as it heals -- replicating the stronger resilient skin when we were younger.

Slenderiix™ Clinical Weight Loss Program

A revolutionary weight management program that is not only less restrictive but is more conducive to your busy lifestyle than other alternatives that enables you to Lose up to 20-25 Pounds in 30 Days! Slenderiix™ is a one-of-a-kind formula made up of 100% homeopathic plant-based ingredients, resulting in weight loss at 2X the rate of a calorie reduction program alone enabling you to lose 2/3-3/4 lb. a day.



Amber J. – lost 27 lb

Lynn-Allen J. – lost 31 lb

Tony H. – lost 32 lbs

The Importance of Water!

It is important to drink AT LEAST $\frac{1}{2}$ your body weight in ounces of water a day while insuring critical electrolytes, minerals and trace elements are replaced.

Example: 120 lb. person = 60 oz. of water/day

Want to know more?

Call us at **770-558-6900**...or visit our web site: www.atlantacolonicmassagespa.com

