



## PRIVATE SWIMMING LESSONS

Ideal for Adults who want to swim or improve, from beginners to Triathletes

Based on the Alexander technique - This method teaches good body use and alignment of the spine

Release unnecessary tension and move with efficiency and ease

Learn to use natural buoyancy

Combine mind and body in movement

TEL: 07814 987 153

EMAIL: Jan@aqua-vie.com WEB: aqua-vie.com

## HEALTHY CLEANSING



The often hear the word 'detox' being used, but how many of us understand its real meaning? Aqualibria, an ultramodern facility at prestigious No.1 Harley Street on the site of the former Florence Nightingale Hospital does - by bringing a totally new and fresh approach to the ancient practice of colon hydrotherapy.

### What is colon hydrotherapy

Colon hydrotherapy aids the elimination of toxins from the body by flushing them from the bowel at a much faster rate than our elimination organs (skin, colon, lungs, kidneys and liver) would normally achieve. The colon is a protective as well as elimination organ, responsible for the synthesis of vitamins like K and some of the Bs, along with the absorption of water soluble nutrients into the body. The cleaner it is, therefore, the better.

### UK's premier colon hydrotherapy spa

Aqualibria uses the LIBBE colon hydrotherapy open system device, ('a Rolls Royce' among such devices), a specially designed pencil thin lubricated rectal tube which you can insert yourself, with comfort, dignity and privacy. Because of the continuous inflow of water and subsequent release during the treatment, the body's own muscles are used to provide a more natural, gentle release. At the same time, the action of the colon muscles is greatly stimulated, providing an excellent workout. Each detox programme is individually devised and can vary from a couple of sessions

over a few days to more intensive treatments over weeks.

Combined with proper nutrition and exercise, colon hydrotherapy can help the body maintain and restore its natural healthy balance allowing us to enjoy a greater degree of vitality and energy.



Aqualibria, 1 Harley Street London W1G 9QD  
Tel: 0800 612 9481 email: info@aqualibria.com



## ALL SMOOTH

No More Shaving,  
No More Waxing,  
Clear Beautiful and Firm Skin



### chromolite™ IPL for:

- Permanent Hair Reduction
- Skin Rejuvenation
- Acne Clearance
- Red Vein Removal
- Uneven Pigmentation

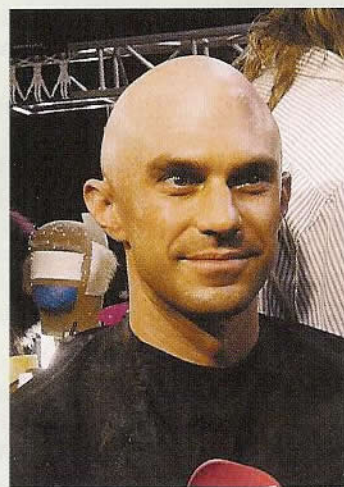
50% off with first treatment

Treatments available in the comfort of your own home

For treatments, please call  
ALL SMOOTH on 0207 252 2966  
or 079 477 60837  
email: drnicoledc@hotmail.com  
www.all-smooth.com



## WHITE CLIFFS HAIRSTUDIO



White Cliffs Hair Studio is proud to be the exclusive distributor of Farrell Hair Replacement hair systems in London and the UK.doc "these extensions are extremely versatile and come in a wide range of colours. You can also lengthen and thicken existing hair".

White Cliffs, 16 Dover Street London W1  
Tel: 020 7493 7490