

groominglifestyle

Feeling Flush – Want to re-energise? Andrew Copestake tries out a new colonic hydrotherapy treatment and emerges with his dignity intact

Despite the best efforts of the late Princess Diana, colonic irrigation is still discussed in hushed tones. After my first appointment at the Aqua Libria spa in Harley Street, I found myself cancelling an evening rendezvous due to “unforeseen circumstances” – I couldn’t stop peeing.

Colonic irrigation has been around a long time. Enemas were recorded as long ago as 1500 BC in an Egyptian medical document called the *Eber Papyrus*, according to the Guild of Colon Hydrotherapists. Apparently, people used to implement their enemas in the nearest river with the use of a hollow reed – not the first thing that comes to mind when I look at the Thames.

Today, colonic irrigation should be administered by a qualified practitioner. My therapist (and director of Aqua Libria), Vilele Ndebele, has been working in the health industry for 15 years, so I knew I was in competent hands.

Ask anyone about their first colonic, and they’ll confess to anxiety. Will it hurt? Will it dislodge some dark secrets from my past (urban myths about colonics revealing former recreational drug-abuse are legion)? And how will I maintain my dignity? Aqua Libria is the first clinic in the UK to use the LIBBE colon hydrotherapy system, already popular in the US and con-

sidered the Rolls Royce of colonic hydrotherapy in terms of dignity and comfort.

After a spot of shock therapy (Vilele showed me a horror poster of potential problems for a colon left to cope unaided with today’s high-stress lifestyle), I was led into the clinic’s tranquil treatment room. It was more like a high-class spa than a GP’s office, with candles, subdued lighting and a Plasma TV screen. Vilele described how to insert the pencil-thin lubricated rectal tube myself and how to massage my stomach to “encourage” the debris out of my system. That way, there’s no need for a therapist to be present. Lying back on the specially designed drainage bed, modesty kept intact by a bath towel, Vilele talked me through the clinic’s bespoke approach to colon health, including a weighty Lifestyle Assessment at the end of the treatment and programmes of between a few days and a few weeks, depending on your needs. It turns out my needs were extensive, but I’ll spare you the details. ■

Aqua Libria, 1 Harley Street, London W1G. A one-hour Lifestyle Consultation costs £35 and one treatment £95 (six or more treatments cost £85 each). Log onto www.aqualibria.com for further details



DESIGNER

Moschino Friends is a young perfume that blends the sparkling spirit of Citrus with Bergamot from Calabria, Tangerine, Orange and a floral heart of Boubon Geranium and real Paraguay Petitgrain. All refreshed with a breath of a Mediterranean sea breeze. £29.00 for 100ml. Call 01273 408 800 for your nearest stockist. ■



SPORTY

Adidas Top notes of aromatic plants hover over tangy Citrus and Liquorice in this first fragrance range from Adidas. Vetiver, Sandalwood and Cedar blend with Tonka bean, Vanilla and Musk in a simple, heavy-glass bottle engraved with the timeless Adidas three-stripes. £29.50 for 100ml from Sports Heritage Stores. ■



ORGANIC

Trevano Jojoba oil blends with Calendula Tincture to soothe, calm and moisturise the skin after shaving with essential oil of Cypress, Bergamot, Palmerosa and Vetiver. Formulated from organic ingredients, Trevano Aftershave Oil protects and aids those with common skin problems. £9.95 from www.trevano.co.uk. ■