

SERENITY WELLNESS

Welcome Letter to New Clients!

Thank you for scheduling an appointment for colon hydrotherapy! We look forward to meeting you, and hope the following information will help you to derive the greatest benefit from your session.

Location: 2551 San Ramon Valley Blvd, Suite 107b, San Ramon, CA 94583. We are adjacent to Crow Canyon Cinema and in the same building at Eric's Deli. Come inside, and you will find us upon entry on the bottom floor.

Directions: from 680/South: Take the Crow Canyon Rd exit toward San Ramon Turn right at Crow Canyon Rd. Turn left at San Ramon Valley Blvd. We are on the corner of Norris Canyon & San Ramon Valley Blvd. There is a waterfall on the outside of the building.

From 680/North; Take the Bollinger Canyon Exit, turn left onto Bollinger. Turn Right on San Ramon Valley Blvd about a mile. Turn left on Norris Canyon Road and park behind the building.

Parking: Parking is available both in front of and behind the center.

Time: First appointments last about an hour and 15 minutes. During the initial appointment you will receive a health consultation and review your intake form.

Investment: First session (a great start) \$110.00

Follow up sessions (maintenance) \$90

3 sessions* (mini cleanse) \$255.00

6 sessions* (rejuvenating cleanse) \$480.00

12 sessions* (transformational cleanse) \$900.00

*all series have a 12-month expiration, are non-refundable, some payment options are available.

Payment: We accept cash, Visa/Mastercard and SpaFinder gift certificates.

Cancellation: Cancellations must be made at least 24 hours before your appointment to avoid a \$50 no-show or late cancellation fee. If you arrive 15 minutes late or more, we will not be able to accommodate your appointment and you will be charged a \$50 no-show fee.

Instructions: Please fill out the intake questionnaire and bring it with you to your appointment. Please arrive 5-10 minutes early so that you can relax and prepare for your session.

To prepare for your colon hydrotherapy session:

Do not eat for two hours before your appointment. The previous day try to avoid carbonated beverages, meat, and gas forming foods such as beans, broccoli, cabbage, onions, or anything else that gives you gas. If you would like, you can eat lightly for multiple days before your appointment to derive the greatest benefit from your session. Begin hydrating a couple days before your appointment by increasing your consumption of water, fruits, and vegetables. Do not drink large amounts of water during the hour before your appointment. If you have not had an elimination for a few days, a two quart enema or an herbal cleansing program can be helpful. If you would like to begin an herbal cleansing program before your appointment, please call the office. We carry a wide range of cleanse support products that will help you to maximize your results.

After your colon hydrotherapy session:

Eat light foods, such as steamed vegetables, fresh vegetables, soups, fruits, smoothies, etc. Avoid heavy foods such as red meat, deep fried foods, and refined foods. Drink plenty of water to assist your body in removing toxins. You should be able to return to work or resume your daily activities immediately after your appointment. If possible, spend your evening taking a bath, resting, and relaxing. A bath with a half cup of raw organic apple cider vinegar or a gallon of Epsom salt water can be very beneficial.

Thank you for making this powerful investment in your health. We look forward to working with you!