

Inner Bliss Rejuvenation Center

760.828-3677 www.innerbliss.com

Address: 2146 Encinitas Blvd. Suite 101B Encinitas, CA 92024

Directions: From the 5 Freeway exit Encinitas Blvd. and go east. You will pass El Camino Real and continue east until you almost reach Manchester/Rancho Santa Fe Road. We are on the left in the Seacoast Shopping Center.

If you are coming from the south, you can exit I-5 at Manchester and go east. You will drive for a half mile and then take a right at the light, on Manchester. Take a left on Encinitas Blvd. We will be on your right in the Seacoast Shopping Center.

From cities that are not on the coast, El Camino Real or Rancho Santa Fe Road are quicker than I-5. Please use the Mapquest link on our website to find the best route.

Time: First appointments last about 1 hour and 15 minutes. Regular sessions last one hour.

Investment:	1 session (a great start)	\$85.00
	3 sessions* (mini cleanse)	\$240.00
	6 sessions* (rejuvenating cleanse)	\$460.00
	12 sessions* (transformational cleanse)	\$900.00

*all series have a 12-month expiration, are non-refundable, and are paid in full at time of first appointment

Payment: ****We accept cash local checks and credit cards****

Cancellation: Cancellations must be made at least 24 hours before your appointment to avoid full fee.

Instructions: Please fill out the intake questionnaire and bring it with you to the appointment.

To prepare for your colon hydrotherapy session:

Do not eat for two hours before your appointment, and do not have fluids for one hour 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 for two hours 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 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, dairy products, 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 can be very beneficial.

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