



Cupping & Complementary Medicine Clinic

## AQUA DETOX Before and After Treatment

**The Prophet (pbuh) said:** "For every disease there is a remedy and when the remedy is made apparent, and then the disease is cured by the permission of Allah Almighty". **(Muslim)**

Thank you for booking your treatment with **Health Elements**

### What to expect

Aqua Detox is an easy and effective way of assisting your body to detox and prevent it from becoming imbalanced and consequently unwell.

Your feet will be placed in a foot bath. The ion generator inside the footspa bath stimulates the detoxification process through the lymph glands of the feet. The water will gradually start to change colour as the ions begin to neutralize tissue acid waste present inside the body. The water colour or debris present within the water, provides indications of imbalances within your body.

### Precautions:

Please note that the Aqua Detox session cannot be performed if you have/suffer from the following conditions:

- Pacemaker or any other battery-operated/electrical implant
- A device placed on/near the heart eg, stent, valves
- Taking any heartbeat regulating medication
- Pregnant/nursing mother
- Organ transplant
- Had organ removed, especially the colon
- Tendency to faint or have blackouts or epilepsy ?
- Psychological case of insanity, psychotic episodes, seizures or rage etc...?
- Taking any medication for cases of insanity, psychotic episodes, seizures or rage etc...
- Open wounds/cuts on Feet
- Metal joint implants
- Athletes Foot
- Any type of Foot Fungus
- Urine canal obstruction

### Preparation before and after treatment

#### **Before :**

- Please make sure that you have cleaned and scrubbed your feet with a pumice stone to remove any dead skin.
- Ensure that you advise the practitioner of your full medical history - You will be given a form to fill in the session
- Please make sure you have eaten, especially if you have low blood sugar (hypoglycemic).
- Please make sure you are properly hydrated.
- Please make sure you take multivitamin & multimineral supplement before and after the Aqua detox session
- Please make sure you take an electrolyte drink ( eg, coconut water) before or after treatment session.
- If you suffer from any medical condition (eg. dialysis, diabetes, congestive heart failure, blood clots, injuries, cancer or anything that may be aggravated by using the ionic foot bath etc...) please make sure that you have obtained consent from your GP to have that Aqua Detox session.
- Prescription medications should be taken 4 hours before starting the Detox Foot Spa session or a little after it.
- All jewellery and all metal objects that you maybe carrying must be removed, including mobile phones and other electrical devices.
- You cannot use a computer or cellular phone during a Detox Foot Spa session

**After:**

- Please make sure you take multivitamin & multimineral supplements after the Aqua detox session.
- Please make sure you take an electrolyte drink (eg, coconut water) after treatment session and keep yourself properly hydrated.
- Avoid fizzy drinks and maintain a healthy balanced diet.

**CANCELLATION POLICY**

As a courtesy to other clients and therapists, appointments must be cancelled 24 hours in advance. No-shows will be charged in full.

**If you have any other questions please text, call or e-mail**

T: 07706944978

E-mail: [health.elements@yahoo.com](mailto:health.elements@yahoo.com)

Thank you for booking your treatment with ***Health Elements***