



KICK-START YOUR SYSTEM

Emma decides to have a bit of a spring clean, all in the name of beauty...

When it comes to trying out beauty treatments I'm pretty fearless. But I can't deny feeling I'd taken things a little too far recently. Lying on my side under a white fluffy towel, naked from the waist down, I was bug-eyed with fear as a nozzle on the end of a hose was lubed-up for insertion. But colonic irrigation is something I've always wanted to try and, although I can't deny the feeling of having hosing admitted into that particular part of my body was odd, I was in good hands at Balance: The Clinic.

Actually, once the tube's in you're not really aware of it. But after nearly 30 years of eating I was slightly concerned about what might have become lodged in my colon. Because essentially that's what colon hydrotherapy is – the colon is rinsed with warm water that removes hardened

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faecal matter, gas and mucus. And you know if you've got a lot of gas in your insides when you hear the gugging sound at the other end – my colonic sounded like an hour in the life of a heavily used office water cooler.

In all honesty the procedure was entirely painless, not as embarrassing as I thought and made me feel great. In the hectic world we live in it's often easy to forget the strain that a poor diet and stress can place on the digestive system so regular colonics are a really good idea. I felt great after just one and know that regular appointments could only be a good thing.

But don't just take my word for it. Go to Balance: The Clinic and try it out for yourselves. Call 020 7565 0333 or visit www.balancetheclinic.com.



GET THE LOOK

Copy **Sarah's** sexy style

Gorgeous Sarah Harding looks like the cat who got the cream with her glossy make-up and irrepressible smile. We're not sure quite what has put the smile on her face but we do know that to get a pout like the beautiful new face of Ultimo, all you need is a plumping gloss. For those ridiculously long lashes, just make sure your mascara has a precision wand that will pick out and coat every single lash. Arched eyebrows like Sarah's can be emphasised with a sweep of pearly shadow, but make sure you

1 Rimmel London Magnif'eyes Eye Opening Mascara, £6.99

2 Ice Sticks by Freeze 24.7 in Frostbitten, £25

3 L'Oréal Paris Color Appeal Eyeshadow in Pearly White, £4.99

4 Givenchy Prisme Libre Loose Powder Quartet Air Sensation, £30

5 Lancôme

