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Love Colour?

INLINE
LONDON

Inside

- ▼ **A Splash of Colour**
Choosing the Right Shade of Salonwear
- ▼ **The Nail Tips**
Toenail Enhancements
- ▼ **Desert Island Dreams**
The Products We Can't Live Without
- ▼ **Holistic Horizons**
Colon Massage
- ▼ **A Sticky Business**
Wax-Related Retail
- ▼ **Training Diary**
Courses & Workshops

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HOLISTIC HORIZONS

For some time, clients have been aware of the need to detoxify their bodies. However, few of the methods of achieving this have been appealing, and so, many clients shy away from a salon's offerings. However, Colon Massage has now seen a big rise in popularity due to it being a more comfortable and pleasant experience.

Colon Massage has a number of fantastic benefits for the entire body. Recent television features have gone a long way in promoting the treatment, and more and more salons are now getting requests for it. This can either be to treat a specific problem, or for a more general purpose. However, no matter what the cause, clients are now discovering what a useful and beneficial treatment this can be.

The most common association with Colon Massage is as a cure for constipation. This is often caused by a clogging of faecal matter within the colon, which the therapist can help to manipulate and move.

Many clients also find that this is a great form of detoxification. Blockages within the system can leave the body feeling sluggish and tired, coupled with bloating, poor skin and general lethargy. Colon Massage helps to cleanse the body naturally of toxins and chemicals which have built up, leaving the whole body feeling rejuvenated.

Other massage treatments are favoured by clients for their relaxing properties. This is also true of Colon Massage, as many people carry their stress and problems in their stomach. When anxious or upset, we have all felt it in our stomach at one time or another. The Colon Massage helps to relax the area, giving a sensation of relief.

In recent years, the benefits of Colonic Hydrotherapy have been seen as a great way to achieve many of these effects. However, the invasive side of the treatment has put many people off. Colon Massage offers many of the same benefits, in a more comfortable, gentle experience.

Even if we are not feeling constipated, does not mean that our body is fully expelling waste as it should be. This is sometimes due to the fact that the position a person takes when evacuating faecal matter from the body is not always conducive for a complete elimination. A build up can also be caused by our lifestyle and diet. Under-eating, over-eating, or not eating the right type of things can all cause the colon to become blocked. A sedentary lifestyle in which we drive much more and do less physical activity also adds to this.

The main function of the colon is to absorb water and minerals, and to form and eliminate faeces from the body. The colon is the end portion of the human gastro-intestinal tract. It starts on the lower right side of the abdomen, where the small intestine empties the contents of digestion (chyme) into the first part of the colon, known as the caecum. The colon goes up from the caecum to the level of the liver, then bends to the left and crosses the abdomen.

At the level of the spleen, the colon goes down the left side of the abdomen to the pelvis, where it becomes the sigmoid region. This empties into the rectum, where the waste material is then expelled from the body.

The process of Colon Massage follows the path of the colon closely, in order to encourage the colon to perform its proper function. To begin the treatment, your client should be lying on a flat surface. Aromatherapy oils can be added to the abdomen to help in lubrication, and to further aid the clients problems. Placing your fingers on the right side of the abdomen, use small, circular movements, working up towards the rib cage. Once at the ribs, begin to work back down the left side. The massage should involve a kneading action, with some level of pressure.

The treatment should be predominantly comfortable for the client, however, some may experience a little discomfort, depending on the build-up of faecal matter. During the massage, you may be able to feel lumps under the skin, which may begin to shift position. This is due to the fact that you are reminding the colon of its function, and are pushing faecal matter towards its natural exit point.

If a client experiences severe levels of pain or discomfort, you should refer them to a doctor before continuing with treatment.

COLON MASSAGE

As with any massage treatment, allow your client to comfortably awaken from it at the end. As the treatment focuses on the detoxification of the body, you should remind your client to continue to drink plenty of water, to help hydrate and flush the system. They should also be advised not to eat a heavy meal straight after the treatment.

There are several ways that you can modify the treatment to fit in with the needs of your clients. The Colon Massage can be sold as an individual treatment, or incorporated into a full body massage routine. The use of oils on the abdomen can extend into a full aromatherapy treatment. The use of a mask can be added to the abdomen, or the rest of the body to help condition the skin, and treat problems such as cellulite and stretch marks.

This is a fantastic treatment which many of your clients can benefit from. Before embarking on such a treatment, you should undergo full and thorough training. The Guild has accredited courses in Colon Massage from trainers such as Guru Holistic Therapy. Find out more about the course on the Beautyguild.com Training Directory, visit www.guruholistics.co.uk or call 0191 3883196/07910 598882.

