



14-Day Guided Simple Cleanse

Simple Anytime Cleanse With online support from our experienced Nutrition Consultants

A short, intense cleanse assists the release of congestion and toxicity from the major organs, as well as supporting the immune system. This provides a great platform to begin any health revival, to lose weight, to clear the skin, or prior to embarking on a treatment programme.

The Guided Simple Cleanse home delivery "Detox Box" includes:

- Cleanse e-guide including full instructions, shopping list & recipes
- Cleanse Herbal Support Capsules
- Cleanse Herbal Tea
- Guna Matrix for detoxification and drainage of the extracellular matrix.
- Cleanse Homeopathy (registered Health Optimising UK patients only)

Herbal and Homeopathic Dispensary

Cleanse capsules, tea and homeopathic remedies, designed to support and enhance your Guided Cleanse, are all formulated by our knowledgeable clinicians, bespoke to Health Optimising and prepared to order in our dispensary.

Epsom Salts

Although not included, these are recommended, and are widely available for purchase.

Guided Simple Cleanse Cost & Timing

Duration: 14 days
Cost: £125

This includes your "Detox Box" and email support from your Nutrition Consultant, Bridget, Danielle or Jessica, who are part of our experienced and nurturing Naturopathic & Nutritional Team.

Already have the e-guide?

If you have already have the e-guide from a previous Cleanse with us then we reduce the charge to £95 to cover a new "Detox Box" and Nutrition Consultant email support.

Colonic Hydrotherapy - £125

If you are able to come to our London Clinic you may consider booking this alongside the cleanse. Colonic Hydrotherapy is a gentle and effective method of cleansing by removing waste material and blockages.

Patient Health Checklist

Patients new to Health Optimising must complete a Patient Health Checklist first.