

How are we different from other salons?

At Authentix we believe that true beauty can be achieved naturally, therefore our aim is to use and sell products in our salon that are organic and/or natural wherever possible. Our products are not tested on animals, contain no animal derivatives, and are sourced from fair trade principles. This ensures that our clients maintain optimal health while still achieving their desired results.

Products we use and sell

- Bernard Cassiere Paris (Sister Product of French Institute SOTHY's, formulated organically)
- Dermalogica *
- Youngblood Mineral Cosmetics
- Butter London Nail Polish (7-free. No formaldehyde, formaldehyde resin, camphor, DBP, toluene, xylene or ethyl tosylamide)
- Naked Tan (Organic range)
- Pure Fiji
- Himalayan Salt and Salt Lamps
- SOG3 (Super Organic Grains, Greens and Fruits Supplement)
- 5 Point herbal detox
- THE FIX – Cold Pressed Juices (Canberra's first cold pressed juice company):
 - We work closely with the wonderful team at The Fix because a juice cleanse, whether it's a 1 day or 5 day cleanse, gives your digestive system a break from having to digest foods while still having all your nutritional needs met.
- We also offer a combination of colon hydrotherapy with juice cleansing, as these treatments work so well together. While your body is detoxifying during the juice cleanse, a colonic will help by speeding up the detoxification process.
- After your colonic, if any liver or colon disfunction is identified, your therapist may suggest a supplement treatment or a herbal tonic and/or pink Himalayan salts.

* Dermalogica products reflect a modern synthesis of the latest scientific advances, ingredients and philosophies. No residue-forming mineral oil or allergenic lanolin; no comedogenic artificial colours; no irritating, artificial fragrances; no drying S.D. Alcohol or formaldehyde. Also, consistent with Dermalogica's appreciation for the power of nature, the products are environmentally friendly. Ingredients come from ecosafe sources, are packaged in recyclable, contamination-deterrent containers, are never tested on animals and contain no animal ingredients.



AUTHENTIX
beauty and wellness salon

Closed System Colon Hydrotherapy



Canberra's first closed system
colon hydrotherapy centre

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What is Colon Hydrotherapy?

Colon hydrotherapy is the introduction of warm filtered water into the colon, removing waste material that your body may not be removing effectively. This creates a healthy digestive environment, encouraging the growth of healthy bacteria.

Why choose Colon Hydrotherapy?

Often our digestive systems are overworked and sluggish due to overeating, medications, fast foods, processed and genetically modified foods, toxins, alcohol consumption and stress. This contributes to poor digestion which results in symptoms such as excessive gas, bloating and/or constipation. Colon Hydrotherapy is one of the best ways to combat these symptoms. It cleanses your colon, detoxes your body, reduces digestive discomfort, and minimises the chances of bowel cancer forming.

It can also assist in a wide range of other issues including depression, anxiety, poor skin health, infertility, weight management, low immune systems, disturbed sleep patterns, IBS/Crohns, and concentration problems.

What is the difference between the closed and open systems?

During the **open system** treatment, the therapist explains how to operate the system and then advises the client how to do the insertion themselves. The client lies on a bed style apparatus with a sink hole at the base of the bed, and inserts the hose. Usually the client controls the water temperature themselves and they are left on their own. Using this system the client has no idea what they are releasing and the constant flow of water can cause cramping and excessive water retention. In Australia the therapist advising you does not require a certificate to conduct this treatment.

During the **closed system** treatment, the therapist, using a single use disposable speculum kit, inserts the speculum, then gently introduces warm filtered water into the colon and 'fills and releases' when the clients body is ready to do so. Abdominal massage is performed to help break up any present blockages, and the digestive system is explained. The therapist can identify dehydration, undigested food, plaque build-up or sighted parasites and recommend a treatment plan. **Certified training is mandatory to conduct this treatment.**

Where did colon hydrotherapy come from?

Colon hydrotherapy appears to be one of the latest trends, but the earliest use of this effective treatment actually started in Ancient Egypt, in the time of Cleopatra. It was commonly used to increase health, energy, and enhance beauty.

Authentix beauty service menu

- Customised, professional corrective treatment facials targeting anti-aging, hydrating, deep cleansing, ultra-calming and skin clearing
- Unique bi-phase facial skin peels
- SSLED – (Seven Spectrum Light Therapy) this treatment helps with acne prone skin, pigmentation, oily, dry and sensitive skins, wrinkles and fine lines, rosacea, psoriasis, fresh scarring, stretch marks, sagging and tired skin.
- Artistic make up – using mineral cosmetics YOUNGBLOOD
- Hot stone and remedial massage
- Organic gel nail enhancements
- Shellac
- Manicures and pedicures
- Spray tanning
- Eye-lash extensions
- Eye-lash lifting
- Lash and brow tinting
- Full body waxing – including men's
- Brazilians – men and women
- Bridal and hen's packages