

## The results

My teeth were noticeably whiter as soon as the treatment was done. For something you only have to repeat every three years, it's great value. The process is simple: the most difficult part is sitting in the chair for 40mins with your lips held open with a clamp. Make sure you have your phone or some reading material at the ready. [beautyandsmile.co.uk](http://beautyandsmile.co.uk)



## Colonic Irrigation

**Where?** EF MEDISPA, St John's Wood, London

**Who?** Thomas Byrne

**How much?** Colonics start from £125 per treatment, then £90 thereafter. A course of three colonics – including 30 mins reflexology – is £270

**The treatment** Eat well, shit strongly, and you need have no fear of death. If you believe the Catalans, there are two reasons I should fear death. Luckily, Michelle Sadiq has come into my life just in time. I'm at the EF Medispa for colonic irrigation – a chance to reset my digestive system. Great. The process to achieve that: invasive. But it's 2016. I'm man enough to try.

Michelle sits me at one end of a small, white room. Opposite me is an en suite area, sans door. To my left is a bed. At the foot of that is a device with motors and tubes and canisters attached to it. Michelle explains the process. Her knowledge – she has 12 years' experience – is reassuring. She tells me to relax as much as I can. "If you feel something going, let it go."

It's time. Relax. Michelle instructs me to change into a blue gown that is open at the back. Ominous. Relax.

I lie, legs akimbo, a towel protecting my modesty from myself, but not from Michelle. Relax. I roll into the foetal



position. Now the insertion. Relax. "We've got plenty of lube." Good. Breathe. Relax. I've been breached. Breathe. It's in.

The probe nestles around an inch and a half inside my rectum. Michelle allows my anal cavity to fill with water, which feels like the opposite of going. The sensation builds. At my command, Michelle flicks a switch and out the water washes. Relief.

Michelle flips her focus from hose duty to massaging my abdomen, kneading the tension in my small intestine. "You're really producing now!" Relax. Breathe.

This pumping/kneading rotation continues for around 45 minutes. By the end, I'm more comfortable with the set-up and sensation, but I've had enough. Into the en suite to wash up. One swipe. Cleaner than ever! That'll be the lube.

One session won't work wonders, but it's a start. There's a brain in the gut and we have to look after it. An irrigation every four weeks and you really benefit, Michelle tells me. She dispenses dietary advice: eat breakfast, drink more water, avoid processed foods. I promise to try.

I leave the spa with a spring to my step. Just

as well, since Michelle told me I need to stay close to a toilet that afternoon. I don't want to shit myself on the first day of the rest of my gastrointestinal life.

Later, lying in bed, I recount the day, think about how I'm feeling. Some stinging, but unmistakably lighter in the bowel, and unafraid of death. It was worth it.



## Vitamin IV Drip

"I'll take those vitamins intravenously"

**Where?** Drip & Chill Lounge, Canary Wharf

**Who?** Zoe Birdsall

**How much?** £250

**The treatment** Following in the steps of Simon Cowell and Kim Kardashian, I jumped at the chance to have a personalised concoction of vitamins and minerals pumped into my blood. This is not for the squeamish, though. A trained clinician inserts a needle into a vein in your arm, and swaps this for a cannula. I spy blood trickling down my arm. A pouch of liquid is then



pumped into you, which takes about 10 minutes.

**The results** I didn't really see any noticeable results. I did get an amazing night's sleep, though. I was told just before the treatment that for ongoing results, like building up your immune system, more regular treatments are needed. But at £250 a pop, I'll stick to my vitamin tablets for now. [efmedispa.com](http://efmedispa.com)

## FREAKY CREAMS

The weird and wonderful new ingredients claiming to give you perfect skin



### Bio-essence Snail Secretion Repair Serum

**How much?** £26.90

**Tested by**

Chantelle Horton

I tend to steer clear of snail secretion, but after using this serum for two weeks my skin felt smoother and looked healthier.

Gross, but it works  
[Amazon.co.uk](http://Amazon.co.uk)



### Bee Venom moisturiser

**How much?** £150

**Tested by** Zoe Birdsall

This works by fooling the body into thinking you've been stung, thus stimulating the production of collagen. This cream felt luxurious and my skin looked great, but it's probably not needed for younger skin.

[Rodial.co.uk](http://Rodial.co.uk)



### Balance Active Formula Snake Venom Rub

**How much?** £3.99,

**Tested by** Jenny Quiggin

This is less like being bitten on your face by a snake, and more like tingling, followed by a cooling sensation. This product brings the blood rushing to your face and leaves it fizzing. I love it!  
[beautyandthebunch.com](http://beautyandthebunch.com)