










Infra Red Sauna

Infra Red Sauna is effective radiant heat, just like the sun's soothing warmth. Step into the aromatic cedar cabin, listen to music, read or meditate as you discover the therapeutic benefits of a sauna. You'll emerge feeling refreshed, revitalized and rejuvenated.


Infrared heat penetrates almost 2 inches deep into your muscles and bones for optimum therapy. With our infrared ceramic heaters, your body will produce 3 times more perspiration removing 4 times more harmful toxins and waste from the body. Leaving you healthier and your skin better glowing!

Infrared Sauna Benefits

-  Infrared Lighting
-  Burns Calories
-  Reduces Cellulite
-  Prevents Heart Disease
-  Purifies Body Of Toxins
-  Relieves Joint Pain
-  Strengthens Immune System
-  Helps Fight Cancer
-  Creates Healthier Skin
-  Helps Heal Scars



Fees & Services

-  Colon Hydrotherapy
1st Session
\$95 consultation & session
\$80 per follow - up session
-  Pre-paid Sessions
\$225 for 3, \$375 for 5,
\$600 for 8, \$750 for 10
-  Infra - red Sauna
\$30 per 30 minute session
\$40 per 40 minute session
-  Infra - red Sauna Package
\$75 series of 3-30 min. sessions
\$100 series of 3-40 min. sessions
-  Detox Package
\$100 - one follow up Colonic and
one 30 minute sauna
-  Detox Massage Therapy
\$90 for 60 minutes
\$130 for 1 1/2 hr
-  Lymphatic Foot Bath
\$40 per 30 minute session
\$220 for 6 sessions

Custom packages available

Rejuvenate Your Health
Providing an integrated approach to improve the
Mind Body Connection



sauca colon
hydrotherapy center

Health and Wellness Services:

Colon Hydrotherapy

Massage Therapy

Sauna Therapy

Lymphatic Foot Bath

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Serving Bronx & Westchester New York

Colon Health

In the United States alone, over \$40 million is spent on laxatives per year. It is estimated that within the next year 130,000 new cases of colon/rectal cancer will be diagnosed, making it the 4th most common diagnosed cancer in Americans.

One of the most important, yet often neglected areas of the body is the colon. The colon is responsible for the removal of toxic waste from our body. It contains reflex points which relate to and affect other parts of the body (i.e. lungs, skin, heart etc.) When we take in more toxins through our environment and diet than our body can eliminate the result is stagnation and slowing of the elimination process. Colon Hydrotherapy (colonics) is one of the most important and effective methods of correcting this problem. This method which utilizes sterile, disposable equipment to release a gentle flow of water into the colon through the rectum allows the impacted waste and toxins to be removed. The result: a cleaner, healthier colon which leads to a healthier you!

Colonic Q & A

Question: I understand what an enema is, but what is the difference between an enema and a colonic?

Answer: As beneficial as an enema is, it is very limited in its effect because only a very small amount of water is able to be introduced into the anal canal and lower part of the sigmoid colon. Then it is necessary to sit on the toilet to evacuate after each infusion of water.

With a colonic, scientifically engineered medical equipment, with sophisticated plumbing is used. Pure filtered water is brought safely, comfortably, and hygienically up the full length of your colon and brought back down. Large volumes of water are used over the course of your treatment totaling 8-10-12 and even as much as 15 gallons. It takes a lot of water to begin to soften, breakdown, and flush out years of hardened glue that has attached itself to the walls of the colon, and impacted in the diverticula pockets. It would take between 40 to 120 enemas to equal one colonic in water volume alone. But, the biggest benefit of all is the therapeutic strengthening effect of every muscle in the entire colon. The colonic is designed to restore the colon's natural peristalsis, which is often lost after years of faulty diet, drugs, or constipation.

Question: Are colonics safe?

Answer: Colonics are basically bringing filtered water safely, comfortably, and hygienically up the entire length of the colon and back down again. It is among the safest of medical procedures known. With the new professional colon hydrotherapy equipment, colonics are actually safer than a home enema.

Question: Are colonics painful?

Answer: No they are not painful, not even to children.

Question: What is considered professional colon hydrotherapy equipment?

Answer: Medical devices that have received F.D.A. approval by the Federal Government and are inspected by the State Board of Health and the State Board of Medical Examiners on a regular basis.

Question: How many colonics will I need?

Answer: The amount of colonics we recommend will vary greatly from person to person.

Question: How should I expect to feel after a colon hydrotherapy treatment?

Answer: The vast majority of patients feel healthier, lighter, energetic and

relaxed.

Question: What are some of the health advantages to taking a colonic?

Answer: Indirectly colonics will help every gland, organ, system, and cell of your body. Your colon is your body's sewer system. The health of every cell of your body is related to and dependent on the health of your colon. People will have colonics for headaches. Others knee pain, back pain, PMS, nervousness, bloating, indigestion, gas, colds, flu, fever, stomach aches.

Question: Who should not take colonics?

Answer: the counter indications for colon hydrotherapy or the people who should not take colonics are: those who have; suffered a recent heart attack, uncontrolled hypertension, hemorrhage, diverticulitis, severe abdominal pain, cancer of the colon or G.I. tract, recent history of G.I. tract bleeding, recent cardiovascular or abdominal surgery, significant changes in bowel activity, severe weakness or debilitation, or inability to get on and off the treatment table by themselves.

Question: How long does the treatment take?

Answer: The actual treatment usually takes between thirty to forty minutes,

but you need time to dress and time for your after treatment bowel evacuation. So you need to plan on spending about one hour with us.

How to prepare

Your experience on the treatment table will be easier and more gentle if you prepare appropriately for the cleanse. There are things you can do for 2 to 3 days before you come in.

- Drink lots of water. A minimum of 8 tall glasses a day, more if possible.

- Eat lots of leafy greens. Keep in mind that cooked greens are easy for the body to digest.

- Don't overeat. Eat until just before you feel "full."

For 2-3 days prior to your colonic, try to avoid, as much as possible:

- sugar
- refined carbohydrates
- fried foods
- cow's dairy
- soy
- coffee, alcohol, carbonated beverages
- corn
- peanuts, cashews

Avoiding these things in your diet will help to make your colonic a more pleasant experience.