



Clarity

Colon Hydrotherapy

ACADEMY

WELCOME

message

Welcome to Clarity Colonic Hydrotherapy Academy.

CCHA was created to help people like you learn the skills and knowledge needed to become a confident, professional colonic hydrotherapist. We're passionate about gut health and holistic wellness and we want to share that passion with you.

Our training is hands-on, supportive and designed to give you everything you need to build a successful career. Whether you're just starting out or adding to your existing skills, we're here to guide you every step of the way.

I can't wait to welcome you to the academy and be part of your journey.

Nicola

Founder,

Clarity Colonic Hydrotherapy Academy



Vision

Our vision is to teach existing CAM (Complementary and Alternative Medicine) and Medical practitioners to become create skilled, knowledgeable, and ethical colonic practitioners who promote gut health and overall well-being. We want to inspire confidence in colonic hydrotherapy as a respected and effective therapy, helping it become more widely recognised in the health and wellness industry.

Mission

Our mission is to provide high-quality training that empowers students with the knowledge and confidence to practice safely and effectively. We are committed to:

- Delivering comprehensive, evidence-based education in colonic hydrotherapy
- Maintaining strict hygiene and safety standards in line with UK regulations
- Offering supportive, personalised learning with small class sizes and expert-led training
- Encouraging a holistic approach to gut health, including nutrition and lifestyle advice
- Supporting graduates beyond training, helping them build successful and ethical practices

At Clarity Colonic Hydrotherapy Academy (CCHA), we believe colonic hydrotherapy is more than just a treatment – it's a key part of a holistic approach to health. Our goal is to train practitioners who not only provide exceptional care but also educate and empower their clients to take control of their well-being.

About the Academy

Clarity Colonic Hydrotherapy Academy (CCHA) was founded and is run by Nicola, whose passion for health and well-being began at a young age after being diagnosed with Lupus as a child. This early experience led her to explore complementary health approaches to support her own well-being, sparking a lifelong interest in holistic healthcare.

Nicola pursued a degree in Health Sciences at the University of Westminster to deepen her understanding of the body and its needs. In 2008, she trained as a colonic hydrotherapist with the renowned Roger Groos and Dr. Milo Siewert, and began her career in Chelsea, London, working with a diverse range of clients. In 2010, she took the next step and opened her own clinic, focusing on patient-centred care and providing sound, evidence-based advice to support her clients' health journeys.

Now, with years of experience in the field, Nicola is passionate about training others. At CCHA, her goal is to equip students with the knowledge, confidence and hands-on skills they need to excel in colonic hydrotherapy. She focuses on setting high standards, delivering quality training and nurturing practitioners who will go on to make a real difference in their clients' lives.



Why Choose Clarity Colonic Hydrotherapy Academy?

- **High-quality, accredited training recognised in the UK** - we are recognised by ARCH (Association and Register of Colon Hydrotherapists) as a reputable and competent training school.
- **Experienced instructors with clinical expertise** - you will be led by Nicola who has been in the world of colonics and gut health since 2008.
- **Practical, hands-on experience with real clients** - as well as a training school we are an established colon hydrotherapy practice.
- **Small class sizes for personalised learning** - to give you maximum exposure to hands on learning in the practical teaching, and a safe, non-judgemental environment during the theoretical training
- **Supportive learning environment with post-course mentoring** - we know that the learning doesn't stop once the course ends, so we offer various post training opportunities such as an alumni group, one to one mentorship and online "roundtables" to allow you to talk to your tutor and peers about anything colonic related.

Accreditation & Regulatory Compliance

By completing our course, you can upgrade your student membership with ARCH to a full practitioner membership. Membership with ARCH gives the reassurance that you are regulated by the CNHC (Complementary and Natural Healthcare Council) / GNC (General Naturopathic Council), or both. This sets you apart from other training organisations that are not regulated. This accolade also gives you prospective clients reassurance that they are attending a clinic that complies with UK training regulations and hygiene standards.

Teaching Philosophy

Our teaching style is inclusive and nurturing- we want you to succeed in your training and in your clinical practice. We offer a mix of theoretical and practical training to equip you with the skills to deliver not only a professional colonic but to give sound, evidenced advice to your client.

Course Overview



Course Aim: Equipping students with the knowledge and practical skills to become certified colonic hydrotherapists



Entry Requirements:

- o Health/medical background (interviews are held before acceptance)
- o Interest in holistic wellness and gut health



Course Duration: Part time over 5 months



Delivery Mode: In-person, online theory and practical training



Assessment Methods: Written exams, practical assessments, case studies



Modules Covered

- History of Colon Hydrotherapy
- Anatomy and Physiology
- Pathophysiology and Pharmacology
- Equipment and Clinic Set Up
- Case Taking History
- Professional Conduct
- Colon Hydrotherapy and Treatment
- Lifestyle requirements and dietary recommendations
- Practice Management

Full syllabus available on our website.

- **Work in wellness clinics or health spas** – Join established holistic health centres, beauty spas, or integrative medical clinics.
- **Expand an existing health practice** – Ideal for nutritionists, naturopaths, or therapists looking to add colonic hydrotherapy to their services.
- **Collaborate with healthcare professionals** – Work alongside functional medicine doctors, gut health specialists, or physiotherapists.
- **Pursue further education** – Advance into teaching, research, or additional holistic therapies.

Continuous professional development (CPD)

Our commitment to our students extends beyond the classroom. Graduates have the opportunity to join our postgraduate alumni support group, providing access to continued mentorship, professional guidance, and a like-minded community to support their ongoing journey in colonic hydrotherapy.

We also offer 1-1 mentorship and "roundtable" events where you have the opportunity to discuss any aspect of your practice with you peers and a member of CCHA.

Facilities & Learning Environment

Our course is a mix of online classes, in person training and practical training.

You will be provided with your training manual in advance of your course commencement date, with your learning timetable.

For in person and practical training our venue is located in the heart of Hanslope, Buckinghamshire. This offers a private, clean, and spacious setting ideal for both clinical practice and training. Easily accessible from the M1, the clinic is committed to maintaining the highest standards of safety and professionalism.

As a member of ARCH, the clinic has been thoroughly inspected to ensure it meets all criteria for safe colonic treatments and provides an appropriate, supportive environment for your training journey.

- Modern training facilities with fully equipped treatment room
- Small class sizes for better hands-on experience
- Access to professional colonic equipment and resources

Certification & Career Opportunities

Upon successful completion of the colonic hydrotherapy training at Clarity Colonic Hydrotherapy Academy (CCHA), graduates will receive a professional certification in Colonic Hydrotherapy.

Eligibility to join professional associations

You will be able to upgrade your registration with ARCH from student to practitioner, as well as CNHC, and GNC- or both, gaining professional recognition and credibility within the industry.

Opportunities after Training

After completing the course and obtaining certification, graduates can:

- **Start their own colonic hydrotherapy clinic** – Set up a private practice offering colonic hydrotherapy and complementary wellness services.



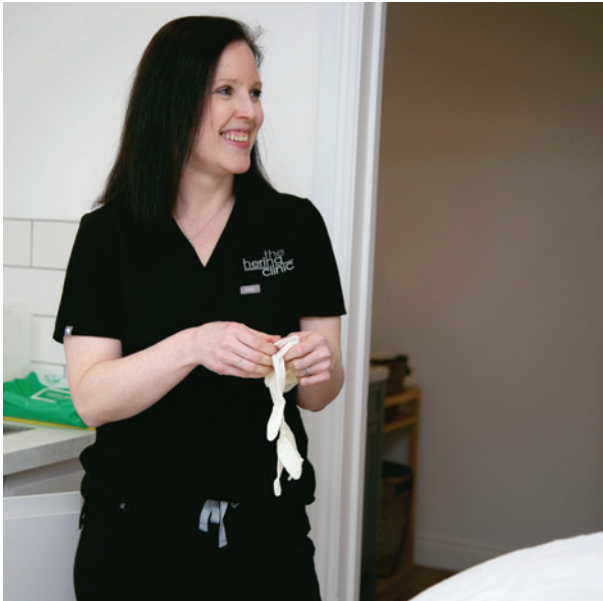
Student Support & Post-Training Mentoring

At CCHA, our commitment to your success doesn't end when you complete your training. We offer the opportunity for you to access ongoing support to help you build confidence, establish your practice, and thrive in the industry.

- Private Facebook Group for Alumni**
 A free dedicated online community for CCHA graduates to connect, share successes, and seek advice.
- Round Table Events**
 A drop in event which is facilitated by CCHA and provides an opportunity for graduates to connect, discuss any cases, to share any successes.
- Mentorship and guidance**
 One-on-one mentoring with experienced practitioners to help you refine your skills and navigate challenges. Business advice on setting up your practice, marketing, and client management.

To continue supporting our graduates, we offer optional mentorship and round table discussions. These are available for a fee and provide valuable one-on-one guidance, business support, and industry insights to help you grow your practice with confidence.

“Practical, hands-on experience with real clients...”



Fees & Payment Options

Course Fees:

Course fee (payable to CCHA)	£3750.00
External exam fee (payable to ARCH)	£250.00

Total Course Fee **£4000.00**

Other costs incurred are payable by the student (e.g. accommodation, fuel, subsistence).

Payment Schedule:

Payment upon booking	£1250.00
Payment before commencement of course	£1250.00
Payment before commencement of module 2	£1250.00
Payment to ARCH before written and practical exam	£250.00

Total Course Fee **£4000.00**

Cancellation & Refund Policy

At Clarity Colonic Hydrotherapy Academy, we understand that circumstances may change. Our cancellation policy ensures fairness while allowing us to maintain the quality of our training.

Course Cancellations by Students:

- More than 30 days before the course start date – Full refund minus a small administrative fee.
- 14 to 30 days before the course start date – 50% refund or option to transfer to a future course date.
- Less than 14 days before the course start date – No refund, but you may transfer to a future course (subject to availability).

Course Transfers:

- You may transfer to a future course once at no extra cost if you notify us at least 14 days before the original start date.
- Additional transfers may incur an administrative fee.

Cancellations by the Academy:

- If we need to cancel or reschedule a course, you will have the option to transfer to a new date or receive a full refund.



How to Apply

Please see our website to download our application form.

Initial interview

Clarity Colon Hydrotherapy Academy holds a pre-acceptance interview with each of their prospective applicants to help them to map out their training and to identify the recommended modules which are missing from their current qualifications/experience to allow them to go onto colon hydrotherapy training.

Pretraining Requirements

The CNHC Core Curriculum requires 140 hours of "Guided Learning" (i.e. with the simultaneous physical/virtual presence of a tutor and the student). This leaves 241 hours of supportive study which should include developing a level of relevant competence and experience in the following:

1. Anatomy and Physiology (A&P)
2. Therapeutic relationship and client handling
3. Nutritional coaching and dietary advice
4. Receptive touch, body-handling and understanding an individual's physical needs and limitations

If a prospective student has no previous experience in the above, they should be advised to follow further modules or courses in addition to their 140 hours of "Guided Learning" in Colonic Hydrotherapy towards the TQT (total qualification time) of 381 hours. The achievement of the TQT must be evidenced.

If a prospective student already has some form of equivalent experience and/or competence in A&P, nutrition, bodywork and CAM/medical therapeutics, the schools are required to apply reasonable guidelines to advise and guide a prospective student through the correct pathway to support Colonic Hydrotherapy training.

“Our course is a mix of online classes, in-person and practical training..”

ARCH Student Membership Requirements

CCHA (Clarity Colon Hydrotherapy Academy) is an ARCH (Association and Register of Colon Hydrotherapists) registered training school. As part of your training with CCHA, you agree to automatically be registered as a student member of ARCH. As part of ARCH you will find a supportive community, where you can instantly reap the benefits of this wonderful organisation.

A note about ARCH

ARCH is the UK's pre-eminent, and oldest, association for Colon Hydrotherapists, setting standards, promoting the industry and offering support for therapists nationwide.

ARCH is a mutual association, run by members, for members, for the benefit of both therapists and their clients alike. We maintain standards that set ARCH therapists apart, and we work hard to promote the benefits of Colon Hydrotherapy to the public, the medical profession and the media. More importantly, we look after each other. ARCH offers our members all the advice and guidance they need across every area of their business, from challenging cases to CPD courses.

We are active and dynamic in our drive to grow Colon Hydrotherapy in the UK, and to bring it into the mainstream so that more and more people can enjoy the many health and wellbeing benefits of the treatment.

Terms & Conditions

Code of Conduct for Colonic Hydrotherapy Students

At Clarity Colonic Hydrotherapy Academy, we uphold the highest standards of professionalism, ethics, and client care. As a student, you are expected to:

- Maintain Professionalism – Treat clients, peers, and instructors with respect and integrity at all times.
- Follow Hygiene & Safety Standards – Adhere to strict hygiene protocols, infection control, and equipment handling guidelines.
- Respect Client Confidentiality – Protect client privacy and never disclose personal or medical information.
- Engage with Learning – Attend all sessions, actively participate, and complete assessments to the best of your ability.
- Practice Ethical Conduct – Only provide treatments under supervision and within the limits of your training.
- Demonstrate Compassion & Care – Approach all clients with empathy, ensuring their comfort and well-being.
- Adhere to Academy Policies – Follow attendance, cancellation, and professional behaviour guidelines.

Attendance Policy

- Punctuality & Attendance: Students are expected to attend all scheduled classes and practical sessions. If you are unable to attend due to illness or unforeseen circumstances, please notify the academy in advance.
- Minimum Attendance: A minimum of 80% attendance is required to complete the course. Missing more than this may result in the need to make up missed sessions.
- Missed Classes: If you miss a class, it is your responsibility to catch up on any missed material. The academy may offer catch-up options for certain missed sessions (subject to availability).

Assessment Policy

- Continuous Assessment: Students will be assessed through a combination of written exams, practical assessments, and case studies throughout the course.

- Grading: All assessments will be graded as either "Pass" or "Fail." A passing grade is required to receive certification.
- Feedback: Students will receive constructive feedback on their performance to help guide their development.

Resit Policy

- Resit Options: If a student does not pass an assessment, they will have the opportunity to resit the exam or practical assessment.
- Resit Fee: A small fee may be charged for resits to cover administrative costs.
- Resit Limitations: Students are allowed a maximum of two resits for any individual assessment. If a student does not pass after two resits, further training may be required before reattempting the exam.

The goal is to support every student in achieving success, and we are here to help you along the way.

Student Insurance Requirements

All students enrolled in Clarity Colon Hydrotherapy Academy are required to be covered by our student insurance policy provided by Balens Insurance for the duration of their training. This policy is specifically designed to ensure that students are adequately protected while participating in both theoretical and practical aspects of the course.

The insurance coverage is mandatory and provides essential liability and professional protection during supervised practice sessions. By adhering to this requirement, we aim to maintain a safe and secure environment for both our students and their clients.



CCHA

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Hydrotherapy Academy