

FREE GUIDE — CLEANSE COLON HYDROTHERAPY

The Complete Coffee Enema Guide

*Do it right. Feel the
difference.*

Everything you need to know to prepare, perform,
and recover from a coffee enema safely — written
by a clinical colon hydrotherapist with years of
hands-on experience.

Briony Botha

Clinical Colon Hydrotherapist



INTRODUCTION

A word from Briony

One question comes up in clinic more than almost any other: **"How do I actually do a coffee enema properly?"**

The answer matters more than most people realise. Done correctly, a coffee enema feels calm, gentle, and manageable. Done carelessly — with the wrong roast, wrong temperature, or wrong technique — it's an uncomfortable experience that puts people off entirely.

This guide walks you through every step: why coffee type matters, how to brew it, how to use it, and how to take care of yourself afterwards. No guesswork, no overwhelm.

"A coffee enema should feel gentle, supportive, and manageable — not stressful or extreme."

SECTION 1 — THE BASICS

Why coffee enemas are different

Unlike drinking coffee, a coffee enema has nothing to do with caffeine stimulation or energy. The purpose is entirely different — supporting the body's natural elimination processes and encouraging relaxation within the digestive system.

The key distinction most people miss: **not all coffee is the same**. The roast level, bean processing method, and even brewing temperature can dramatically change what ends up in your body — and how it feels.



SECTION 2 — CHOOSING THE RIGHT COFFEE

Why enema coffee is formulated differently

Standard drinking coffees are designed for taste, aroma, and shelf stability — not wellness use. Enema coffee is intentionally different.

● Enema coffee (recommended)

Lighter roasted • Higher in naturally occurring compounds •
Lower in burnt oils • Cleaner, simpler composition •
Formulated for digestive wellness use

● Standard drinking coffee

Heavier oils • Bitter compounds • More smoke exposure •
Increased acidity and burnt residues • Designed for flavour
and aroma, not internal use

SECTION 2 CONTINUED — ROASTING METHODS

Air roasted vs drum roasted

● Air roasted (recommended)

Hot air roasts the beans evenly while constantly moving them. Produces a cleaner, smoother finish with less carbon build-up and more consistent temperature control. Many find it gentler on the body.

● Drum roasted

Beans rotate in a heated drum over direct heat. Excellent for espresso flavour — but darker drum roasts develop heavier oils and burnt compounds not ideal for enema use.

A note on roast and caffeine: Contrary to popular belief, lighter roasts generally retain more caffeine than darker roasts. Because the beans are roasted for less time, more natural compounds remain intact and the profile stays cleaner and brighter. This is why wellness-focused enema coffees favour lighter roasts over dark espresso-style roasts.

Our **Cleanse Coffee Enema Blend** was specifically selected for gentle preparation, a cleaner roasting method, and reduced bitterness. Simple. Supportive. Considered.



SECTION 3 — PREPARATION

What you'll need

 Cleanse Coffee Enema Blend — shop here	1-2 tablespoons
 Filtered water	500ml-1 litre
 Stainless steel or non-aluminium pot	1 × pot
 Enema kit	1 × kit

SECTION 3 CONTINUED — BREWING

Brewing step by step

- 1 Boil the water**
Bring your filtered water to a gentle boil in a stainless steel pot. Avoid aluminium cookware.
- 2 Add the coffee**
Add 1-2 tablespoons of Cleanse Coffee Enema Blend to the boiling water.
- 3 Simmer gently**
Reduce heat and simmer for approximately 10-15 minutes. Keep it at a gentle simmer, not a rolling boil.
- 4 Cool completely — this step is critical**
Allow the coffee to cool to body temperature before use. Never use hot liquid. Test on your wrist first — it should feel neutral, not warm.
- 5 Strain thoroughly**
Strain the liquid so that absolutely no coffee grounds remain before filling your enema kit.



SECTION 4 — USING IT

How to use your coffee enema

Before you begin, choose a quiet private space. Be well hydrated. Don't rush. The entire process should feel calm and unhurried.

→**Position:** Most people find lying on their right side or back most comfortable. Experiment to find what works for you.

→**Flow rate:** Introduce the liquid slowly and gently. There should never be force or discomfort. If you feel pressure, slow down or pause entirely.

→**Retention time:** If comfortable, aim to retain for 5–15 minutes. Beginners may manage less initially — this is completely normal and improves with time.

→**Frequency:** More is not better. Consistency, hydration, and supportive nutrition matter far more than aggressive protocols.

SECTION 5 — AFTERCARE

How to take care of yourself afterwards

Your body has just completed a cleansing process. Treat the rest of the day gently.



Rehydrate well



Eat nourishing meals



Rest if needed



Listen to your body

Many people find it helpful to include probiotics and digestive support as part of their broader gut wellness routine following an enema.

IMPORTANT

When coffee enemas are not appropriate

⚠ Coffee enemas are not suitable for everyone. **Please consult an appropriate healthcare professional before use** if you are pregnant, have significant digestive conditions, severe haemorrhoids, rectal bleeding, recent bowel surgery, or any ongoing medical concerns. If anything feels painful or concerning — stop immediately.



FINAL THOUGHTS

A gentle approach, always

Coffee enemas should never feel intimidating. When approached gently, thoughtfully, and responsibly, they can become a supportive part of a broader wellness routine focused on digestive comfort and mindful self-care.

The philosophy at Cleanse is simple: small changes, big difference. Consistency, hydration, supportive nutrition, and gentle digestive care are far more important than aggressive protocols.

Your body is wise. Work with it, not against it.

“The goal is not perfection. The goal is support.”

Ready to get started? You can order everything you need directly from our online store.

[Shop the Cleanse Coffee Enema Kit →](#)

cleancolon.co.za • Questions? Reach out to our team directly.

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