

BODY SCLUPTING

SAUNA WRAPS

WHAT IS ARE SAUNA WRAPS?

An Infrared Sauna Sweat Wrap may sound a bit like a fix it all session, because that's exactly what it is. This multi benefit treatment delivers benefits for skin, sleep, stress, weight loss and overall better function in day to day life. It's basically a work out without the work out.

BENEFITS

PAIN RELIEF

Infrared heat relieves pain by expanding blood vessels and increasing circulation. Many clients have found success in relieving pain from arthritis, rheumatism, muscle spasms and other chronic pain conditions.

WEIGHT CONTROL

For the body to create sweat, it requires a large amount of energy. Fat becomes water soluble at 110°F and allows the body to release fat and toxins. This process reduces salt, excess water retention, and flushes out impurities. This is the perfect treatment to lose pounds, inches and reduce the appearance of cellulite.

SAME EFFECT AS EXERCISE

The heart receives a workout similar to a 2 mile run in a 30-40 minute infrared sauna wrap session and produces a similar amount of sweat. An infrared sauna wrap is a perfect alternate for those that do not have time for regular exercise or suffer from injuries that inhibit activity.

ELIMINATE TOXINS

Toxins such as sodium, alcohol, nicotine, cholesterol and carcinogenic heavy metals (cadmium, lead, zinc, nickel) accumulate in the body during modern daily life. Sweating naturally rids the body of toxins but at a slow rate. Infrared heat stimulates the sweat glands to cleanse and detoxify the skin at a higher rate. Sauna sessions speed up the process and remove excessive toxins that would otherwise continue to build up in the body if not released.

IMPROVE IMMUNE SYSTEM

Most illnesses are accompanied by a fever. During a fever, the body heats up to eliminate viruses and attack foreign agents. Often misunderstood, this rise in temperature is a natural stage of the immune system's healing process and is one of the best ways to rid the body of chemicals and unwelcome visitors. Sauna sessions are a great way to reduce your risk of illness, especially during cold and flu season.

REDUCE STRESS

Infrared heat loosens the muscles and relaxes the body. It naturally soothes the parasympathetic nervous system and signals the brain to induce a calm state. It's the perfect way to shut down the fight-or-flight sympathetic nervous system which is highly active due to stresses of our environment.

RENEW SKIN

Infrared heat improves circulation, expels dirt & chemicals and removes dead cells on the surface of the skin. All of these benefits lead to a more even, firm, and glowy complexion.

CONTRAINDICATIONS

*If you have any of the following conditions, please consult with your doctor before use

Skin diseases or burns, Splanchnic diseases, Require a heart defibrillator or use other implantable devices, Heart disease, Broken bones, Malignancy, Recent surgery, Osteoporosis, Abnormal blood pressure, Currently pregnant, may be pregnant, or are breastfeeding, Anhidrosis, Cancer, Implants including metal, silicone, breast implants, etc.