

Infrared Sauna Therapy

Did you know there are many health benefits that can be derived from infrared saunas use?

Infrared heat is actually light rays that are invisible to the naked eye. These rays are completely harmless and feel the same as far infrared heat from familiar sources such as a fireplace and radiators and the sun, but without the harmful ultraviolet rays that cause sunburns.

Just as visible light has a range of wavelengths when looking into a prism, so does infrared light, but invisible.

Many health studies have shown far infrared heat is the most beneficial, penetrating deeper into the skin, increasing circulation, and helping to detoxify the body of harmful toxins by sweating.

Far infrared saunas are the most efficient in achieving these results.

The ideal temperature for infrared saunas is between 40 to 60 degrees Celsius so not to put pressure on the heart or irritate the skin. The radiant heat of the far infrared sauna penetrates deeply, (up to 3.8 centimetres below you skin) for maximum absorption and health benefits. The results create 2 to 3 times more sweating than other saunas.

Traditional saunas superheat the air to above 93 degrees Celsius, which must remain in a tightly sealed room that create a suffocating environment. Infrared saunas allow fresh air to circulate for maximum comfort. This does not leave you feeling claustrophobic or stuffy and you can adjust the temperature if you feel the need to.

Benefits of Infrared Sauna Therapy

Increased Blood Flow

Using an infrared sauna can expand capillaries in the body which stimulates increased blood flow, cell-regeneration, circulation, and oxygenation.

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Detoxify Your Body

Infrared sauna therapy is excellent for detoxification of the body. The infrared heat stimulates sweating, while penetrating deeply and releasing toxins that can then be eliminated by the body through the sweat

Increase Metabolism

Spending time in an infrared sauna can burn hundreds of calories by increasing your metabolism and core temperature. Far infrared heat also breaks down cellulite, trapped water, fat, and wastes as part of the detoxification process.

Relaxes Muscle Groups

Far Infrared heat relieves muscle tension and helps your body to make the most of its intended healing abilities. Infrared heat reduces soreness on nerve endings and muscle spasms as muscle joints and fibres are heated in the infrared sauna.

Boost Your Immune System

During a normal 25-35 minute sauna session, the infrared sauna will raise your body temperature, inducing an artificial fever. Fever is the body's natural mechanism to strengthen and accelerate the immune response, as seen in the case of infection. This enhanced immune system, combined with improved elimination of toxins and wastes via intense sweating, increases your overall health and resistance to disease.

Blood Pressure and Infrared Sauna Use

Infrared saunas make it possible for people who cannot or do not exercise enough to achieve the effects of cardiovascular training. It also allows for more variety in any on-going training program. Most important to understand is that just like any other type of exercise, the benefits for your blood pressure while using an infrared sauna will only come with frequent use. If you get in the infrared sauna every day, however, it can certainly have benefits with regards to blood pressure

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Benefits of Infrared Sauna Therapy

Increased Cardiovascular & Heart Rates

As your body increases sweat production to cool itself, your heart works harder pumping blood at a greater rate to boost circulation, providing the conditioning benefits of continuous exercise. Heart rate, cardiac output and metabolic rate increase while in the infrared sauna, while diastolic blood pressure drops, thus boosting overall cardiovascular fitness.

Healthy Arteries

Deposits of fat, calcium, fibrin, and cellular debris can clog arteries and lessen the ability to expand and contract while slowing blood circulation. Infrared sauna heat can potentially help to clean arteries by loosening these toxins and increasing blood flow throughout the body.

Kills Bacteria & Fungi

Using a far infrared sauna also promotes the killing & removal of many pathogenic (Disease Causing) bacteria, viruses, and parasites.

Heals Cuts, Bruises, & Scars

Daily use of your infrared sauna can also promote rebuilding of injured tissue by having a positive effect on the connective tissue cells necessary for the repair of injury. Furthermore, it increases growth of cells, DNA syntheses, and protein synthesis all during tissue repair.

Free Radicals

When you think of rust, think of the free radicals that caused that rust. These similar culprits (free radicals) are molecules with an unpaired electron that travel throughout your body and cause mutations, resulting in cancer and many other diseases. Free radicals exist all around us and are consumed by us daily. Free radicals are stored in the body and continue to build up over time. Infrared sauna aids the body by bringing up the body's core temperature to induce sweating. This in turn helps the body to expel toxins that are being stored in your body. It aids the body in this detoxifying process without the extreme heat of regular saunas and without strenuous exercise.

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Contra Indications for Infrared Sauna Therapy

The very first thing you need to do when making a decision to use an infrared sauna is to check if you can use it safely.

Far infrared radiation is considered harmless for humans.

Infrared heaters are even used to heat premature babies in hospitals incubators. But some people with certain illnesses and conditions shouldn't use an infrared sauna or should use it with great caution.

If you are unsure if your medical condition allows use of an infrared sauna, please consult your physician.

The list of infrared sauna contraindications includes:

- Insensitivity to heat
- Haemophilia, prone to bleeding
- Cardiovascular conditions or problems (hypertension / hypotension), congestive heart failure, impaired coronary circulation and others conditions associated with impaired sweating, like multiple sclerosis, central nervous system tumours, Parkinson's, and diabetes with neuropathy
- If you take prescribed drugs it can impair the body's natural heat loss mechanisms or its effect can be changed when your body is exposed to far infrared radiation
- Pregnancy
- Trying to get pregnant
- Menstruation - may cause a heavier cycle
- Acute joint injuries
- Silicone and other implants

General advice is to always consult your doctor before making a decision to have infrared sauna therapy

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Colour Therapy



Red

Vitality - Vital energy, the basis of life, being the colour of warm blood, in fact red light stimulates blood circulation, for physical activity, for passion. Red light produces adrenaline, making one more active, excitable and open, with an enormous sense of energy.

White

Purity - regeneration, simplicity, penetrating light, vitality are induced by white light, which contains all the other colours. White light also stimulates in the epidermis vitamin D which is indispensable for the correct functioning of the endocrine glandular system. White light contrasts anaemia, lack of appetite, muscular and mental weakness and premature aging.

Yellow

Happiness - concentration, the sun at its zenith is in the most powerful state expressing heat and light; yellow operates in the same manner, stimulating the attention, sharpens the mind by increasing the will to learn. Yellow light improves neuromuscular tone, the digestion and help eliminate toxins. In general, yellow acts as an antidepressant.

Green

Equilibrium - refreshment, nature, vegetation, harmony. This colour is refreshing, fortifying, and capable of refreshing the body and spirit especially due to its neutral virtues. It reduces the metabolic activity and therefore re-equilibrates and brings a serene calmness to hyperactive persons. Green light helps lower the blood pressure and decongest the body. Green has an immense power for regenerating tissues.

Blue

Relaxation - meditation, very cold and astringent it is the antagonist of emotions therefore induces a profound tranquillity leaving the body and mind free for self-generation. Basically it is a true relaxant and it stimulates meditation. Blue light, very active, contribute in effectively and rapidly alleviating accumulations of heat and mental tensions.

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Complimentary Treatments

Bamboo Massage – 1 ½ hour Treatment

A stimulating massage using warm natural bamboo canes to knead, sculpt, drain and stretch muscles while relieving built-up tension and aching muscles.

Rolling, kneading and sculpting movements are practiced to induce complete relaxation avoiding the bony protrusions of the spine, hips and shins.

What is a Bamboo Massage?

The technique of using warm bamboo for massage therapy is relatively new.

Gently heated pieces of smooth bamboo canes are used for kneading tight muscles and rolling out tension.

As the soothing warmth penetrates the muscles it triggers the body's automatic relaxation response, making it easier to access those areas of underlying tension.

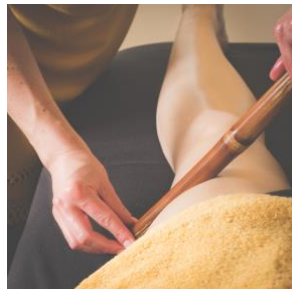
The results are incredible.

Muscles get looser, joints become more flexible and an amazing sense of wellbeing washes over you.

Benefits

- Delivers an incredible sensation of relaxation and calm
- Reduces stress and fatigue
- Stimulates blood circulation
- Relieves muscular tension
- Encourages in Lymphatic circulation

This fantastic relaxation treatment is a must!



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Verité Spa Skin Care 100% Organic and naturally active plant botanicals Hand made in New Zealand

As a massage therapist my approach to facial therapy and skin therapy has changed. I wanted the same incredible benefits that a professional skin treatment offers but with more focus on the relaxation and restoration that you experience during massage.

Verité Spa Organic Skin care facilitated the change that I wanted.

Here is a product that awakens all your senses while you experience the renewing and nurturing properties of Verité Spa Organics ~100% naturally active, toxin free organic skincare hand blended in New Zealand. Skincare rituals have been created to enhance radiance and wellbeing ultimately encouraging a balanced mind and body.

1 Hour Indulgence Facial

Feel refreshed and revived after your facial treatment including deep cleansing and exfoliation followed by a relaxing facial massage including décolletage scalp and facial massage. A mask is applied while you enjoy your choice of either a head, hand or foot massage.



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Micro HYDRA-brasion Facial Treatment



Introducing the MiniVac MicroHYDRAabrasion Facial, an all-in-one cleansing and exfoliation treatment combining water to deep cleanse, soothe and rehydrate the skin, while the diamond tip wand, gently 'buffs' away dead skin cells which is simultaneously 'vacuumed' away.

The use of diamond technology combined with vacuum suction ensures a gentle resurfacing treatment, dislodging impurities built-up deep within the pores giving you the cleanest and smoothest skin possible. This deeply cleansed clean skin facilitates excellent absorption of product ingredients giving long lasting results.

This innovative pain-free therapy gives all the benefits of Microdermabrasion without any abrasive drying effect on the skin. Skin looks and feels refined, hydrated, smooth and tightened after only one treatment making it excellent for all skin types including dry, sensitive skins.

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