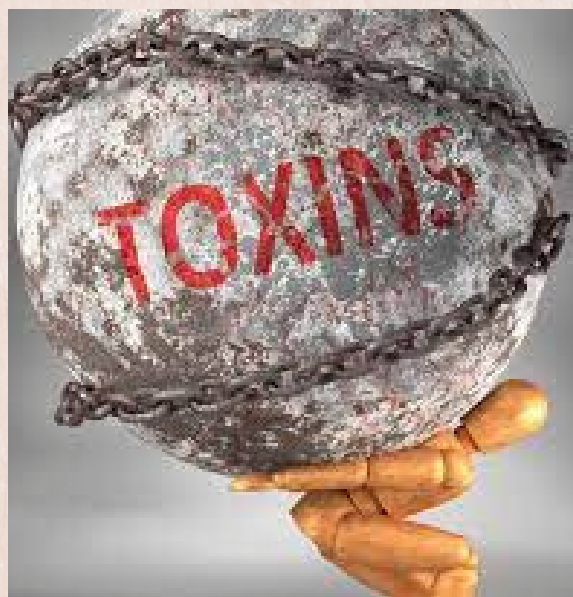


Detoxification

Is your body on toxic overload?

Symptoms caused by toxins

- Unusual Weight Loss/Gain
- Cognitive Issues
- Extreme Fatigue
- Sleep Deprivation/Insomnia
- Unstable Mood/Behavior
- Persistent Headaches
- Unpleasant Body Odor
- Constipation
- Inexplicable Body Aches
- Skin Problems
- Hair Loss
- Nausea



TOXINS



How do toxins get into my body?

Toxins can enter the body through inhalation, ingestion and absorption.

The air that we inhale is filled with toxins such as dust, mists, fumes, vapors and gas. Many cleaning products and foods that we eat and drink are filled with harmful toxins. A large number of personal care products are filled with chemicals that are absorbed into our skin and hair.

Many of these harmful things can be avoided by paying closer attention to the products that we use and the foods that we eat.

How to limit toxins in your body?

Toxins can affect your body in many ways. Cancer, dementia, chemical pneumonia, Parkinson's disease and cardiovascular disease have been linked to harmful toxins.

There are many things that you can do to protect yourself. Following a healthy diet with organic foods, and using chemical-free cleaning products and personal care products is a great start. A non-profit called EWG is a great resource for more information on these things. They also give you the ability to search products or ingredients to see how they rate the level of toxicity. Visit www.ewg.org.

Detoxification in an infrared sauna can be a huge help in getting rid of the unwanted chemicals and metals in your body.

How can an Infrared Sauna help?

The harmful toxins are stored in fat cells. Infrared Saunas can penetrate 1 1/2 -2 inches into the body and reach these cells. The infrared light waves wiggle the cells and release the toxins. The toxins then come out of the body through sweat.

Make sure you shower within an hour after your session to get the toxins off of your skin.

Why are we a scent free facility?

We aim to make our facility comfortable and safe for everyone. Products such as perfume, cologne, and scented lotion contain chemicals that can trigger an allergic reaction, headaches and even trouble breathing.

Treatment Recommendation:

We recommend 2-3 treatments a week for 4 weeks. After the 4 weeks 1-2 times a week for maintenance. The more often you visit and have appointments close together, the faster you will sweat and see results.

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