

Infrared Body Treatments

The Powerful 'OZ' has spoken

Whether you are a huge Oprah fan or not, one thing is for sure- She has much influence over the market on every subject matter, especially with her expert guests. A popular frequent guest is the infamous Dr.Oz who reports his latest findings, opinions, research and beliefs in the health and wellness community. Dr.Oz recently spoke of INFRARED TREATMENTS as a means of gaining better health, longevity, detox, cardiac conditioning and weight loss. With Europe and other countries already utilizing this modality for centuries, the US is finally giving Infrared the respect it so much deserves. As a matter of fact NASA has been using Infrared for many years in their space program.

SUDATONIC treatments create "thermal sudation," a safe process where increased circulation brings blood flow and oxygen to muscles and fatty tissues to release waste and toxins through forced sweat. A proprietary blend of essential oils in a cream base are massaged into the skin to further enhance the breakdown of fat, toxins, sodium, nicotine, heavy metals and other carcinogens. The "sleeping bag" like infrared blanket is unique and can be used on a less intense level prior to a massage or facial to loosen up aching tired muscles.

Facts about Infrared:

Sweating Therapy: Far infrared heat enables your body to produce a much more intense sweat through your pores. This is excellent because this kind of modality is beneficial for a total body purification which can be a pre-cursor to other cleansing therapies, health regimens and healthy diets.

Our skin is the largest organ of our body and many of us do not sweat deeply or intensely enough to purge toxins. This form of detox can purge skins pores of clogged material (impurities). The enhanced circulation feeds the skin as well.

The Chinese consider the skin as the third kidney of the body.

Far Infrared Heat Helps Pain Far infrared heat expands and dilates peripheral blood vessels. This action may bring relief to muscles and soft tissues. In addition, increased blood circulation delivers oxygen-rich blood to injured muscles which helps to speed up the body's natural recovery process. This process of heat therapy is also good for all-around blood circulation including to the brain for better overall health benefits.