

The Rejuvenation Station Wellness Spa



Melt away Fat and Inches, Stress and Pain with the Infrared “ThermoActive” Body Wrap!

What can the INFRARED Body Wrap system do for me?

The Infrared Body Wrap has produced outstanding results on the following:

- *Weight and Inch Loss
- *Muscle Spasms
- *Pain Relief
- *Passive Cardiac Conditioning
- *Clears Cellulite
- *Improves Skin Conditions
- *Eliminates Toxins
- *Increases Circulation
- *Backaches
- *Menstrual Cramps
- *Increases Metabolism
- *Boosts Immune Response
- *Arthritis
- *Insomnia
- *Outstanding Calorie Burning

Is Infrared Safe?

Yes! Infrared energy is in the same frequency level as our own body heat and thus is in tune with our own energy system. It is therefore safe and compatible for us to use, allowing deep heat penetration that is not possible with other methods.

Medically Proven by Professionals Worldwide

In hospital neonatal units, incubators are often equipped with Infrared heating systems to keep newborn babies warm. Major medical success has been achieved in the use of Infrared light to treat wounds and burns. It is widely used to stop mouth sores caused by chemotherapy in cancer patients. So it is safe to use and you can trust it to work.

The Ultimate Fat Burner

As you relax in the gentle heat of the Infrared Body Wrap, your body is actually hard at work, producing sweat, pumping blood - and burning up to 600 calories in just 30 minutes. So you lose weight - not just water. Since an Infrared Wrap helps generate two to three times the sweat produced in a hot-air sauna, the implications for **increased caloric consumption** are quite impressive. Infrared energy brings about a significant rise in the level of growth hormone that helps maintain lean body tissue, including muscle, and **burn fat for energy. One 30 minute session burns up to 600 calories, depending on your size and physical condition!**

Weight Loss

With the Infrared Wrap, your heart rate, cardiac output and metabolism rate increase to improve your overall cardiovascular fitness. You can burn up to **500** calories in just one 30 minute session while releasing fat, fluid and toxins. **You can lose weight and fat, not just water.**

*Our services are not intended to diagnose, treat or prevent any illness or disease. Consult physician for any medical concerns.

Clears Cellulite

The Infrared Body Wrap helps clear ugly cellulite (the gel-like lumps of fat, water and debris trapped in pockets beneath the skin). Because the radiant heat of the Infrared Wrap

warms three times as deeply as conventional saunas, it is significantly more effective at reducing cellulite.

Detoxifies Your Body

The deep penetrating Infrared energy causes toxins to be released from cells into the lymph fluid. Since sweat is manufactured from the lymph fluid, toxins exit the body through the sweat. By taking this detoxifying load off your liver and kidneys, even people with impaired liver or kidney function will enjoy significant benefits. Increased circulation stimulates the sweat glands, **releasing built-up toxins and waste**. Sweating helps detoxify your body as it rids itself of an accumulation of potentially carcinogenic heavy metals (lead, mercury, zinc, nickel, cadmium) as well as alcohol, nicotine, sodium, sulfuric acid and cholesterol.

Increases Blood Circulation and Strengthens the Cardiovascular System

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

The Rejuvenation Station

Wellness Spa

Feel Good Again from the Inside Out!

Claypool Hill Mall (Near Belk's)

Bebe 210-2417

www.detox-station.com facebook.com/rejuvenaterichlands

Improves Skin

The profuse sweating achieved with the Infrared Wrap cleans deeply imbedded impurities and dead skin cells, leaving the skin glowing and immaculately clean. Skin tone and elasticity are improved. It also relieves acne, eczema, psoriasis and

cellulite. It removes skin roughness, leaving it baby smooth and soft, firms and improves skin tone and elasticity.

Fitness

An Infrare**d** session is the perfect solution for keeping up your cardiovascular fitness if you wish to add a gentle, but very effective, workout to your program, need to skip a workout or need to allow an injury to heal. For maximum flexibility, research shows that stretching after an Infrare**d** session may produce a permanent increase in your flexibility.

Relieves Pain and Injuries

An Infrare**d** Body Wrap helps with sprains, strains, arthritis, muscle spasm and other musculoskeletal ailments.

Fibromyalgia, arthritis, chronic fatigue syndrome and **chronic pain** may be greatly relieved.

Much of the stiffness and soreness that accompanies aging is relieved in the Infrare**d** wrap. The deep heat helps blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries. **Increased blood circulation carries off metabolic waste products and delivers oxygen rich blood to oxygen-depleted muscles, so they recover faster.**

Improves the Immune System

The deep heat produced from an Infrare**d** Wrap raises your core body temperature, inducing an artificial fever. As it works to combat the "fever," your body's immune system is strengthened. Combined with the elimination of toxins and wastes produced by the intense sweating, your overall health and resistance to disease is increased.

Reduces Stress and Fatigue

Perhaps the most immediate effect you will experience with your Infrare**d** Wrap is **pure relaxation, as it melts away the stress and tension** of life. Just a few minutes in the gentle warmth gives you an overall massaging effect, soothing jangled nerves and knotted muscles.

Increases Well Being

Your Infrare**d** session also includes Oxygen Enhancement to increase energy and fat burning and 10 minutes on the Whole Body Vibration Platform for enhanced lymphatic function. You will love the remarkable difference this energy brings to your life. Because of the comfortable low heat **you will feel zestful, rested and rejuvenated**

INFRARED Calorie Burning Equivalents (per 30 minute session)

<u>Activity</u>	<u>Calories Burned</u>
Infrared Body Wrap	500+
Swimming	300
Jogging	265
Cycling (10 mph)	225
Walking (3.5 mph)	150

How does the INFRARED Body Wrap work?

We accumulate body fat tissue, most commonly, in men from the waist up and in women from the waist down. When we accumulate body fat anywhere in the body, blood circulation to that area is impaired and as we accumulate more and more body fat, circulation decreases even more. **Because of a lack of blood circulation, we can't metabolize or burn body fat.** Since there is little circulation, you actually take away heat from that part of the body. The result is called "**cold spots**". When you take away the heat from that area of your body and it cools, the fat turns from subcutaneous fat into cellulite.

Subcutaneous fat is very soft and easier to lose. Cellulite is almost like muscle that gets very hard from the lack of blood circulation. The idea of a body wrap is to apply heat to the body. **The energy gets underneath the fat tissue, thins the blood and allows blood to get into the areas where the fat tissue is.** Bringing blood, oxygen and nutrients back in starts **cellular metabolism and detoxification** and the heat begins to soften the fat tissue. **The fat tissue starts to break up and is then released back into the blood stream in the form of calories for you to burn up as energy.**

We accumulate body fat when we eat food and our body turns it into fuel (calories). When we have an excess of calories, it is stored as fat. The INFRARE**d** Wrap completely reverses the situation. **It breaks down the fat and places calories back into the blood stream for you to burn as energy.** So that's the theory of body wraps –get heat into the body, thin the blood, bring metabolism back into the fat cells and cold spots and for the heat to be intense enough to melt them down. It's like heating butter in a frying pan – it liquefies and is put back into the blood stream so your body can convert it into energy for you to use up.

Infrared energy has been used for decades. People have realized and acknowledged over the years that INFRARE**d** heat has many benefits. The INFRARE**d** Anodyne Therapy system was approved by the FDA as a

safe and effective treatment for pain, muscle spasm and circulation. Many forms of **INFRA**RED are used in hospitals, chiropractic and rehab centers and physical and sports therapists worldwide.

What makes the **INFRARED system so effective?**

The great thing about **Infrared** heat is that it goes through the skin straight to the bone. That's why it's used for sports injuries. When you damage a muscle, the heat goes to the bone and promotes blood circulation, which helps to alleviate pain. **Infrared heat is amazing for arthritis.** Once the heat reaches the bone, it has to go somewhere, so it rises. **It also gets underneath the fat cells, including cellulite,** and stimulates cellular metabolism and detoxification. It warms the body at a constant temperature from the very first minute. If you go to the gym for a cardiovascular work out, the first 20 minutes is just a warm up. From about the 21st minute on, you're burning fat. The **INFRA**RED increases your metabolism for 30 minutes, which melts away the fat. The blood is thinned with the heat, is circulated back to the areas of fat tissue, stimulates cellular metabolism and detoxification to break down the body fat and releases it back into the bloodstream for you to burn up as energy. **The **INFRA**RED can burn up to 500 calories per wrap.** That is why the system is so effective.

***Ladies, please bring cotton panties, a tank top or sports bra and socks to wear inside the **Infrared** Wrap. Men may wear cotton boxers or lightweight cotton pajama pants and socks. You're wrapped in medical paper drape sheets and then the **Infrared** blanket. You're also experiencing Whole Body Vibration & breathing oxygen during your session to accelerate cellular energy and fat burning!**

We'll check on you during your session to make sure you're comfortable.

We recommend a **minimum of 6 sessions** spread over 3 weeks with a few days between sessions. We also recommend you drink half your weight in ounces of spring or filtered water for two days prior to and after your sessions. Water helps flush out the toxins and released fluid. Eat light, fresh, low-fat meals to allow your body to use the released fat for energy. Walking and dancing are great exercises to burn the released fat.

What Clients are Saying:

The **Infrared Body Wrap** has produced amazing results for me. I've lost 30 pounds and over 25 inches! I have M.S. and no longer need the daily pain meds. I have a newfound zest for life! I would definitely recommend these wraps to anyone who wants to *lose the weight or lose the pain!* Erin P, Richlands

I've had thyroid issues last 5 years with fatigue, foggy mind and gained over 40 pounds. Also, it's been very painful to do any exercise the last couple of years having problems with flat feet. However, last month after 5 **InfraSlim** sessions of **Infrared** wrap, LipoLaser and Detox Footbath, I have NO pain in feet and able to exercise. Also, a lot more energized!!!! I've lost 6 lbs and 3 inches in my stomach. I'm so HAPPY with my results!!!! Everyone should try the services and you'll be amazed. Melesia D. Cedar Bluff

I absolutely love the **E-Power** machine! I come in frazzled and stressed out and within minutes all that just melts away. The stress release from both body and mind is incredible! And, I always, always add the Detox Footbath!! Nikki S. Grundy

I'm a Type 2 diabetic and walk on concrete floors all day. By the end of the day my feet feel like someone took a hammer to them. After my first Ionic **Detox Footbath**, my feet felt fantastic for days. Bob M, Richlands

~ **Gratuities gratefully accepted!**

~PLEASE give at least **24 hours cancellation notice**. Appointments *may not* be rescheduled if no cancellation notice is received. Extenuating circumstances considered.

*All services must be used within 90 days of purchase. No Refunds. No Extensions.

~ Prices subject to change without prior notice.

~Our services are not intended to diagnose, treat or cure any illness or disease. Consult your physician with any medical concerns.