

RADIANT HEAT FOR RADIANT BEINGS

Far Infrared Heat has become more and more popular over the years and thus raises questions in the minds of more people. "What is it?" you ask. Simply put Infrared Heat is another term for Radiant Heat and it is a form of energy that heats the object directly without heating the air in between.

Far-infrared rays are the safest and most beneficial electromagnetic energy available for the human body. These rays have the amazing ability to penetrate through the skin and directly affect all metabolic functions while promoting cellular waste removal.

Some of the benefits of Infrared treatments include:

1. Promotes circulation & cardiovascular function
2. Improves immune system function
3. Relieves muscle and soft tissue pains
4. Helps control weight & cellulite reduction
5. Relieves arthritic pain and stiffness
6. Eases fibromyalgia, polymyalgia and diabetes
7. Reduces stress and fatigue
8. Improves skin health and appearance
9. Detoxifies the body
10. Promotes soft and healthy skin

To assist you in understanding some of the options in the Infrared arena, here is a brief description of a few of the tools available.

Far-Infrared Sauna & Colour Light Therapy: You can breathe easier in the Solarus® Infrared Sauna, with the Zirconium Ceramic heater™ and cross-flow ventilation, it provides twice the sweat at half the temperature of conventional saunas. In this cedar panel sauna, you have the added bonus of Colour Light Therapy which is adjustable to your individual preference and needs. Sessions are 45-60 minutes in duration.

Amethyst Crystal Bio-Mat: By combining state-of-the-art Far-Infrared & Negative Ion Technology, and further enhancing it with Amethyst crystals, the Bio-Mat energizes the body for optimal health. While resting on the Bio-Mat, you will also enjoy the Amethyst and Tourmaline Pillow which will keep your head cool, while your body temperature increases, and the healing properties of the

Amethyst crystals work on calming and relaxing your mind. A Bio-Mat session is approximately 45 minutes long.

Infrared Massage Capsule with Jade Rollers: The 'Jade Roller' combines massage, acupressure, and sauna all in one! In this 180-degree ergonomically designed capsule your whole body will be surrounded by far-infrared rays that stimulate oriental acupressure points, while jade rollers move slowly up and down massaging the neck, back and leg meridians. It stimulates the lymphatic system, washing away aches & pains and improving blood circulation. Sessions are 33 minutes long.

With all of these beautiful modalities, it is important to drink plenty of water during and after sessions. Water will facilitate the cleansing process and assist you to fully reclaim your natural radiant self.

Debbie Shkuratoff the Owner/Practitioner Reiki Wellness and The Zen Room is dedicated to educating and facilitating the healing journey with you. Give her a call at 250-743-8122 or visit www.reikiwellness.ca

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with Debbie Shkuratoff – Reiki® Master Teacher
Usui/Tibetan/Karuna/Komyo/Seichim



- Reiki Training & Treatments
- Infrared Sauna & Colour Light Therapy Sessions
- Amethyst Crystal Bio-Mat
- MPS Jade-Roller Infrared Massage Capsule
- Two PES Detoxifying Foot Spas
- Electromagnetic Field (EMF) Balancing I - VIII

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Call now to book your appointment **743-8122**

Valleyview Centre, MAIN OFFICE #42
1400 Cowichan Bay Rd., Cobble Hill, B.C. V0R 1L0
reikiwellness@shaw.ca ~ www.reikiwellness.ca