

## What is Far Infrared Body Wrap System?

The Body Wrap System is a targeted infrared heat system commonly used for weight control, pain relief, improved skin conditions including acne, cellulite removal, inch loss and more.

Far-infrared radiant (FIR) heat is a completely safe form of naturally occurring energy that heats objects by a process called direct light conversion. Radiant heat is also called infrared heat or infrared energy. Direct light conversion warms only the object and does not raise the temperature of the surrounding free air. This type of energy travels 2-3" deep into the body and is thought by some to increase circulation and nourish damaged tissue. The sun is the primary source of radiant energy, but not all of this energy is beneficial. Although life needs energy from the sun, too much sunlight damages the skin. Far Infrared heat provides many of the health benefits of natural sunlight without any of the dangerous effects of solar radiation.

Infrared Saunas deliver all the time-honored, proven benefits of heat therapy for aches, pains and stiffness.

### Infrared Weight Loss:

While wrapped, infrared heat penetrates down to the bone and radiates outward, heating ligaments, joints and muscles while reaching toxins and cellulite that are trapped in pockets below the skin. You relax while burning up to 300-600 calories in just one 30 minute session!

This is an example of how many calories a 150 pound person normally burns in 30 minutes of exercise:

Type	Calories Burned	Type	Calories Burned	Type	Calories Burned
Marathon Running	590	Swimming (crawl stroke)	300	Jogging	300
Vigorous Racquet Ball	510	Walking (3.5mph)	150	Chopping Wood	265
Rowing (peak effort)	600	Cycling (10 mph)	225	Golfing (without a cart)	150

### Health and Appearance Benefits

The benefits of Infrared Saunas claimed by medical practitioners in Asia and doctors of naturopathic, homeopathic and alternative medicine but not yet substantiated by the western medical establishment:

- Promotes reduction of inflammation through increased circulation
- Treats arthritis pain
- Reduces joint stiffness
- Reduces muscle spasms
- Provides post exercise muscle pain relief

- Promotes wound healing
- Infrared Saunas produce metabolic weight loss
- Detoxifies the body - eliminates toxins and heavy metals. Some people refer to the skin as the body's third kidney
- Slows, stops growth of malignant (cancerous) cells \Enhances the immune system; fights disease by elevating body temperature, the way a fever helps fight disease
- Cleanses, enhances and beautifies the skin
- Melts and sweats out cellulite
- Burn up to 600 calories per session
- Increase overall blood flow
- Reduction in the symptoms of chronic fatigue syndrome and fibromyalgia
- Antispastic actions to relieve conditions such as muscle hypertonus and some forms of constipation
- Alleviation of adiposis and cellulite
- Enhancing detox of body and keeping fat not deposited.

### **The Basic Wrap Process**

- For the 2 days prior to your wrap, you will be required to drink at least 2 liters of water each day to properly hydrate your body.
- The day of your wrap, you will be required to drink 1 liter of water prior to your appointment.
- The day of your wrap, you will be required to bathe, using no oils or lotions afterward.
- You should avoid all caffeine products the day of your wrap.
- You will need to wear cotton undergarments to be wrapped in.
- Bring a fresh set of undergarments to wear after your wrap.
- You will be weighed both before and after your wrap.
- While lying on a massage bed, one of our trained staff members will then apply two separate creams to the body to aid in toxin removal and weight loss.
- You will then be wrapped in the FAR Infrared Blanket and allowed to relax for the next 40 to 60 minutes. During this time, you will begin sweating out the toxins and burning excess calories resulting in weight loss and a more energized and refreshed feeling.

### **After Your Wrap**

- Immediately after your wrap, you will be weighed to calculate your weight loss.
- You will be required to SIP water only for the next two hours and you may not eat for at least two hours.

## **Is Infrared Heat Safe?**

Yes, infrared heat is within the same frequency levels as our own body heat and this 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 of heating.

It has nothing to do with either ultraviolet radiation or atomic radiation. Infrared radiant heat is simply a form of energy that heats objects through a process called conversions, without having to heat the air in between. In fact, infrared lights are used in incubators to warm babies.

## **What a body wrap is and what it is supposed to do.**

When we accumulate body fat tissue, most commonly in men, it is from the waist upward. In women, it is from the waist down. When we accumulate body fat anywhere in the body, blood circulation becomes worse. As we accumulate more and more body fat, our circulation decreases even more. Because of a lack of blood circulation, we cannot metabolize or burn body fat. In addition, very little heat is being circulated to that part of your body. This result is what we call "cold spots." When we take away the heat from that area of your body and it cools, the fat then turns from subcutaneous fat into cellulite.

Subcutaneous fat is very soft and easy to lose. Cellulite is almost like hard muscle that is hardened from the lack of blood circulation.

The purpose of the body wrap is to apply heat to the body in order to get underneath the fat tissue and thin the blood to allow it to get into the areas where fat tissue exists. Bringing the blood back into the areas that have had restricted blood flow causes the metabolism rates to rise. The heat softens the fat tissue and it begins to break up causing it to be released back into the blood stream in the form of calories to be burned up as energy.

The body accumulates fat by a simple biological process. The food we eat contains calories that are stored in our blood stream. When we have an excess of calories, the body stores them as fat. The InfraRed Body Wrap reverses this process by breaking the fat down into calories and placing them back into the blood stream to be used as energy.

To reiterate, the purpose of the body wrap is to get heat into the body, thin the blood, bring metabolism back into the "cold spots" and melt the fat tissue down. It is just like heating butter in a frying pan. It liquefies the fat, converts it to calories and puts it back into the blood stream so your body can convert it into energy.

The great thing about infrared heat is that it is able to penetrate the body and go directly to the bone. This is why the Infrared Body Wrap is sometimes used for sports injuries. When you damage a muscle, the heat goes right to the bone and promotes blood circulation which helps alleviate the pain. In addition, pain such as arthritis is relieved. The InfraRed Body Wrap does not warm the body from the outside in; it warms from the inside out.

Once the heat has reached the bone, the heat rises. It gets right underneath the fat cells, including cellulite. It warms the body at a constant temperature because it is done with a constant electric infrared heating pad, and not something that loses its heat like clay bandages. The temperature remains constant from the first to the last minute.

When someone goes to the gym to do a cardiovascular exercise, during the first 20 minutes of the workout, the body is just warming up. Then from the 21st minute on, the body begins to burn fat. The InfraRed Body Wrap increases your metabolism for 50 minutes, which melts the fat away. The blood is thinned with the heat and it comes back in to the areas of the fat tissue. It jumpstarts metabolism, which breaks down the body fat, and releases it back into the bloodstream for the body to use up as energy.