

REIKI WELLNESS

by Debbie Shkuratoff

COLOUR LIGHT THERAPY—THE COLOURS

FAR INFRARED SAUNA AND COLOUR LIGHT THERAPY

What is Far Infrared Heat? Infrared or radiant heat is a form of energy that heats objects directly, without heating the air in between. Infrared saunas warm the body directly with the same kind of energy that we get from the sun. The benefits of Far Infrared are transmitted directly to our bodies.

Most of us spend 90% of our time indoors. We do not get enough sunshine which our bodies desperately need to be healthy. FIR Saunas have been known to boost the immune system, assists in pain relief, and strengthens the cardiovascular system. Far Infrared heat is clinically proven to be a most effective way to remove toxins from our bodies, reverse disease, and slow down aging. It is an excellent preventative for staying in good health. Adding Colour Light Therapy during a sauna session will enhance the feeling of peace and serenity, as well as a calmness and harmonizing effect using the various colours. Colour Light Therapy is a holistic approach concerned with nourishing and balancing vital life energy for optimum health.

Red: Helps to increase blood circulation and increases the sense of well being and vitality.

Green: Calmness and inspires at the same time. It will help with lung problems, bronchitis, tired nerves, headaches and arthritis.

Blue: Calming effect and brings great relaxation, it will help with nervous irritations, sleeplessness, restlessness and anxiety.

Yellow: Enhance general well being, it helps to remove melancholy and strengthens the nerves. Its balancing effect on the digestive system can help with stomach problems.

Purple: A good colour for improving immunity, cancerous conditions, and arthritis. It also purifies the system and is an excellent color for headaches and migraine.

Light Blue: Helps with respiratory illness or throat infections.

White: It's beneficial to begin and end a colour therapy session with white to stabilize the energy system of the individual and to give it an overall boost.

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PLATINUM ENERGY SYSTEMS FOOT SPA

It's that time again. Fall is here. Changing of seasons, a good time to cleanse. Remove Toxins, Detox and Energize with The Platinum Energy Systems Foot Spa.

We are all exposed to various sources of chemicals, toxins and pollutants on a daily basis. These toxins enter the body in three ways: through the skin, the lungs and the digestive system. They interfere with your body's ability to function properly. As they accumulate over time, due to various environmental exposures, over load and not properly being released, the body's ability to fight off disease and infection increases. This results in a build up of toxins, a stressed system as well as low energy. With the foot spa, you simply sit in a chair with your feet in warm salt water for a half hour while the Platinum Energy System does the work. The system is specially designed to stimulate the glands in the feet and release the toxins into the water. We have 2000 eccrine sweat glands in each foot that become the natural door of exit for the toxins through this process. The benefits from this detox treatment are amazing. The toxins that are released in a half hour session through this process would normally take your body three to six months to naturally download. The benefits are improved circulation, acid/alkaline balance, increased metabolism, improved organ and glandular functioning, as well as more energy. This system also assists in detoxifying accumulated heavy metals. You will notice a decrease in acidity, benefiting organ and cellular functioning, stress reduction, improved sleep, and an overall feeling of well being. Every body and health situation is different as to determine the appropriate amount of sessions for each individual. What a relaxing way to detox, and improve your health at the same time.

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