

RELAX AND IMPROVE YOUR HEALTH

By Debbie Shkuratoff

Reiki, foot spas, and Far Infrared Saunas are relaxing and enjoyable ways to improve your health. The benefits of each are amazing. Using one system or a combination, you will notice incredible results.

Foot spas assist the body in removing toxins that have accumulated over a lifetime through the 2,000 eccrine sweat glands in each foot — the natural door of exit. This removal of toxins increases circulation, metabolism, glandular and organ function, energy levels in the body and brings the body back into pH balance. A foot spa can also remove heavy metals.

A Far Infrared Sauna helps on many levels for health. It boosts the immune system, detoxifies, and enhances the skin tone and assists in weight loss and loss of cellulite. You will burn 600 to 1,000 calories in a 30-minute session depending on body mass. Also used to treat arthritis, asthma, fibromyalgia, cancer, gout, allergies, migraines and many more problems, it just feels good!

We are alive because life force is flowing through us. Reiki is relaxing and heals by flowing through affected areas and charging them with positive energy. Reiki also removes blocked or stagnant energy. It is like infrared heat as well and has been known to do amazing things. Each of the three treatments — foot spa, sauna and Reiki — require one to one and a half hours of your time and is complementary to whatever else you may be doing to improve your health.

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