

## What Will My Treatment Be Like?



Sink into relaxation, cocooned amongst flickering candles and soft music , experience our lay down FIR Sauna.

Drift to a state of deep relaxation as the sauna heat warms your body.

Available for your personal use after your sauna will be a dry sink with warm water and a washcloth.

**Just another good, healthy habit from DMTC.**

## What Is So Exciting About FIR Sauna?

The body goes through a degeneration of cells and needs the opposite to cleanse and heal.

The FIR Sauna cleanses on the cellular level and the regeneration of cells occurs on that level.

For more information on the FIR Sauna visit:  
[www.momentum98.com](http://www.momentum98.com)



# Relaxing FIR Sauna



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# Relaxing FIR Sauna

## What is Far Infrared Ray (FIR)?

**Far Infrared Ray**, also known as Biogenetic rays, have been proven by scientists to promote the growth and health of living cells especially in plants, animals and human beings. FIR thermal therapy is a form of sun therapy with invisible rays of natural sunlight. Without the damaging ultra-violet rays; FIR offers the healing warmth for health.

FIR cause resonance with water molecules. It ionizes and activates water molecules in our cells and blood thus improving our blood circulation and health condition. The human body contains more than 70% water by weight.



## Effects of FIR on the body:

- ◆ Improves blood circulation.
- ◆ Promotes cellular renewal.
- ◆ Detoxifies the skin and body.
- ◆ Burns calories without lactic acid production.
- ◆ Induces profuse sweating;
- ◆ Improves strength and health;
- ◆ Eliminates bad odor;
- ◆ Relief of pain;
- ◆ Speeds up repair of body cells;
- ◆ Increases metabolism;
- ◆ Regulates blood cholesterol;
- ◆ Maintains warmth and promotes better sleep.

## FIR Sauna Can Prevent Chronic Diseases

A sedentary lifestyle, over-eating and lack of physical exercise are identified as reasons for obesity, diabetes, heart disease, hypertension and stroke. The FIR Sauna can play a pivotal role in the prevention and health maintenance of chronic disease by weight control and cardiovascular conditioning.

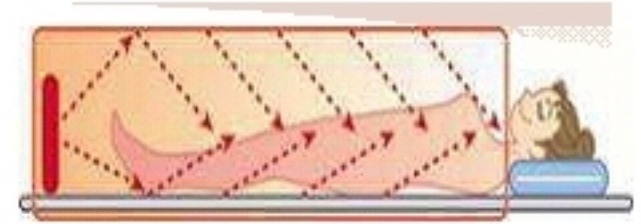
## Detoxify The Body

From skin tags to senility to cancer ... all are caused by the un-eliminated waste matters stored in the body. FIR Sauna will eliminate the waste matters in the blood vessels through capillary expansion. With expansion of the capillaries it will stimulate increased blood flow, regeneration, circulation and oxygenation.

It can strengthen the Cardiovascular System by causing heart rate and cardiac output to increase, and diastolic blood pressure to decrease.

In the early 1980's NASA concluded that far infrared stimulation on the cardiovascular system would be the ideal way for American astronauts to maintain cardiovascular conditioning.

Scientists in Japan report that FIR treatment eliminates the fats, chemicals and toxins from the blood. Poisons, carcinogenic heavy metals from food processing, lactic acid, free fatty acids, and subcutaneous fat associated with aging and fatigue, excessive sodium associated with hypertension, uric acid that causes pain is eliminated. This eliminatory procedure is done through the skin rather than the kidneys.



It can break down cellulite which is fat, water and waste. FIR energy is absorbed by human cells, causing a physical phenomenon called "resonance." Thus the cellular activities are instantly invigorated, resulting in better blood circulation and an overall improved metabolism. FIR Sauna heat therapy can aid in weight loss by speeding up the metabolic process of vital organs and endocrine glands, resulting in substantial caloric loss in a sauna heat session.

It kills pathogenic diseases such as bacteria, viruses, fungi and parasites. A perfect time to use the sauna is when you have a flu, FIR strengthens the immune system by increasing production of white blood cells.

It builds injured tissue and increase the growth of new cells, DNA syntheses, and protein synthesis all necessary during tissue repair and regeneration. It is excellent for scar tissue, skin problems and healing burns.

It reduces pain at the nerve endings and in the muscles and is especially useful in relieving spasms. For injuries, heat stimulated vasodilatation of peripheral blood vessels brings oxygen to joints and extremities, speeding the healing of sprains and strains, thus relieving pain.

## Prices:

**30 Minute Session - \$35.00**

**In Combination with any other  
Massage Service - \$25.00**

**FIR Saunas are available for  
purchase at DMTC - \$995.00**