



**Melt away fat and inches,
stress and pain with the
Infrared Body Wrap System!**

What does the INFRARED Body Wrap system do?
Infrared Body Wrap therapy has produced outstanding results on the following:

- KWeight and Inch Loss
- KMuscle Spasms
- KPain Relief
- KSports Injuries
- KFatigue
- KPassive Cardiovascular Conditioning

- KHelps Clear Cellulite
- KEliminates Toxins
- KBlood Circulation
- KBackaches
- KIncreases Well Being
- KMenstrual Cramps

- KImproves Skin Conditions
- KBoosts Immune Response
- KShoulder Stiffness
- KInsomnia
- KOutstanding Calorie Consumption
- KArthritis

Is Infrared Safe?

Yes! Infrared energy is in the same frequency levels as our own body heat and thus 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..

Medically Proven by Professionals Worldwide

In hospital baby care units, incubators are often equipped with infrared heating systems to keep newborn babies warm. Major medical success has been achieved in the use of infrared light to treat wounds and burns. It is widely used to stop mouth sores caused by chemotherapy in cancer patients. So it is safe to use and you can trust it to work.

The Ultimate Fat Burner

As you relax in the gentle heat of the Infrared Body Wrap, your body is actually hard at work, producing sweat, pumping blood - and burning up to 600 calories in just 45 minutes. So you lose weight - not just water. Since an infrared wrap helps generate two to three times the sweat produced in a hot-air sauna, the implications for increased caloric consumption are quite impressive. Infrared energy brings about a significant rise in the level of growth hormone that help to maintain lean body tissue,

including muscle and burn fat for energy. **One 45 minute session burns up to 600 calories, depending on your size and physical condition!**

Weight Loss

With the INFRARED, your heart rate, cardiac output and metabolism rate increase to improve your overall cardiovascular fitness. You can burn over 600 calories in just one 45-minute session. **You can lose weight and fat, not just water.**

Clears Cellulite

The Infrared Body Wrap helps clear ugly cellulite (the gel-like lumps of fat, water and debris trapped in pockets beneath the skin). European beauty specialists routinely incorporate daily saunas in programs to reduce cellulite. Because the radiant heat of the INFRARED Body Wrap warms three times as deeply as conventional saunas, it is significantly more effective at reducing cellulite.

Detoxifies Your Body

The deep penetrating Infrared heat causes toxins to be released from cells into the lymph fluid. Since sweat is manufactured from the lymph fluid, toxins will exit the body through the sweat. By taking this detoxifying load off your liver and kidneys, even people with impaired liver or kidney function will enjoy a significant benefit. Increased circulation stimulates the sweat glands, releasing built-up

toxins and waste. Sweating can help detoxify your body as it rids itself of an accumulation of potentially carcinogenic heavy metals (lead, mercury, zinc, nickel, cadmium) as well as alcohol, nicotine, sodium, sulphuric acid and cholesterol.

Increases Blood Circulation and Strengthens the Cardiovascular System

As your body increases sweat production to cool itself, your heart works harder pumping blood at a greater rate to boost circulation, supplying the conditioning benefits of continuous exercise. Heart rate, cardiac output and metabolic rate increase, while diastolic blood pressure drops, for improved overall cardiovascular fitness.

Eases Joint Pain and Stiffness

In Europe, radiant heat therapy is widely used to treat patients suffering from any form of arthritis. It has been proven effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other musculoskeletal ailments. Much of the stiffness, aches and soreness that comes with ageing is reduced or eliminated.

Fibromyalgia, arthritis, chronic fatigue syndrome and chronic pain may be greatly relieved.

Improves Skin

The profuse sweating achieved with the Infrared cleans deeply imbedded impurities and dead skin cells, leaving the skin glowing and immaculately clean. Skin tone and elasticity are improved. It also relieve acne, eczema, psoriasis and cellulite. It removes skin roughness, leaving it baby smooth and soft, firms and improves skin tone and elasticity.

Fitness

An INFRARED session is the perfect solution for keeping up your cardiovascular fitness if you wish to add a gentle, but very effective workout to your program, need to skip a workout or need to allow an injury to heal. For maximum flexibility, research

shows that stretching after a 45 minute session will produce a permanent increase in your flexibility.

Relieves Pain and Injuries

An Infrared Body Wrap helps with sprains, strains, arthritis, muscle spasm and other musculoskeletal ailments. Much of the stiffness and soreness that comes with aging is reduced or eliminated in the infrared sauna. The deep heat helps blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries. Increased blood circulation carries off metabolic waste products and delivers oxygen rich blood to oxygen-depleted muscles, so they recover faster.

Improves the Immune System

The deep heat produced from an infrared sauna raises your body temperature, inducing an artificial fever. As it works to combat the "fever," your body's immune system is strengthened. Combined with the elimination of toxins and wastes produced by the intense sweating, your overall health and resistance to disease is increased.

Reduces Stress and Fatigue

Perhaps the most immediate effect you will experience with your INFRARED Body Wrap is pure relaxation, as it melts away the stress and tension of life. Just a few minutes in the gentle warmth gives you an overall massaging effect, soothing jangled nerves and knotted muscles.

Increases Well Being

You will love the remarkable difference this energy brings to your life. Because of the comfortable low heat you will feel zestful, rested and rejuvenated.

INFRARED Calorie Burning Equivalents (per 30 minute session)

Activity	Calories Burned
Infrared Body Wrap	600+
Swimming	300
Jogging	265
Cycling (10 mph)	225
Walking (3.5 mph)	150

Racket Ball	510
Marathon Running	593
How does the INFRARED Body Wrap work?	

We accumulate body fat tissue, most commonly, in men from the waist up and in women from the waist down. When we accumulate body fat anywhere in the body, blood circulation to that area is impaired and as we accumulate more and more body fat, circulation decreases even more. Because of a lack of blood circulation, we cannot metabolize or burn body fat. Since there is little blood circulation, you actually take away heat from that part of your body. The result is called "cold spots" in the body. When we take away the heat from that area of your body and it cools, the fat turns from subcutaneous fat into cellulite.

Subcutaneous fat is very soft and easier to lose. Cellulite is almost like hard muscle that gets very hard from the lack of blood circulation. The idea of a body wrap is to apply heat to the body. The heat will get underneath the fat tissue, thin the blood and allow blood to get into the areas where fat tissue is. Bringing blood back in starts **cellular metabolism and detoxification** and the heat begins to soften the fat tissue. **The fat tissue starts to break up and is then released back into the blood stream in the form of calories for you to burn up as energy.**

We accumulate body fat when we eat food and our body turns it into fuel (calories). When we have an excess of calories, it is stored as fat. The INFRARED completely reverses the situation. It breaks down the fat cells and places calories back into the blood stream for you to burn as energy. So that's the theory of body wraps –get heat into the body, thin the blood, bring metabolism back into the cold spots and for the heat to be intense enough to melt them down. It's like heating butter in a frying pan – it liquefies and is put back into the blood stream so your body can convert it into energy for you to use up.

Why is the INFRARED Body Wrap better than traditional body wraps?

The clay, mud and seaweed wraps try to achieve the same effect as the INFRARED. Let's look at how they both perform and the differences between them:

Clay bandages are removed from the pot and instantly begin to cool off. During the time spent wrapping the client, at least 15 minutes, the bandages are getting colder. Once the client is wrapped, the heat level has gone so low that the system is only effective for 10 to 20 minutes of the one hour treatment. Remember that clay wraps warm the body from the outside in. A sauna also warms the body from the outside in, which makes you release buckets of sweat in minutes, so any reduction in weight is generally water. If you warm the outside without warming the inside, you perspire, which is fluid loss. Fluid loss is temporary.

Infrared heat has been used for decades. People have realized and acknowledged over the years that Infrared heat has many benefits. The INFRARED Anodyne Therapy system was approved by the FDA as a safe and effective treatment for pain, muscle spasm and circulation. Many forms of INFRARED is used in hospitals, chiropractic centers and sports therapists worldwide.

What makes the INFRARED system so effective?

The great thing about infrared heat is that it goes through the skin straight to the bone. That's why it is used for sports injuries. When you damage a muscle, the heat goes to the bone and promotes blood circulation, which helps to alleviate pain. **Infrared heat is awesome for arthritis.** Once the heat reaches the bone, it has to go somewhere, so it rises. It gets underneath the fat cells, including cellulite. It warms the body at a constant temperature from the first minute to 40 minutes, not something that loses its heat as soon as you take it out. If you go to the gym for a cardiovascular work out, the first 20 minutes is just a warm up. From about the 21st minute on, you're burning fat. The INFRARED increases your metabolism for 45 minutes, which melts away the fat. The blood is thinned with the heat, is circulated back to the areas of fat tissue, stimulates cellular metabolism and detoxification to break down the body fat and releases it back into the bloodstream for you to burn up as energy. The INFRARED can burn 600+ calories per wrap. That is why the system is so effective.

***Another good thing is that you are wrapped right over your clothes rather than disrobing. We recommend that you wear light, long cotton pants, long-sleeved T-shirt and socks.** We also recommend a **minimum of 6 sessions** spread over 3 weeks with a few days in between sessions. We will check on you during the session to make sure you are comfortable. We recommend that you drink half your weight in ounces of spring or filtered water for two days prior to your visit and drink lots of

water after the session. Water is life and is what helps to flush out the toxins and fat. Walking is also a great exercise during the program.

INFRARED Client Testimonials

"The Infrared Body Wrap has produced amazing results for me. I have lost 30 pounds and over 25 inches! I have M.S. and no longer need the pain meds I was taking every day, and the numbness in my left leg was gone after my first session. I have newfound energy and zest for life! I would definitely recommend these wraps to anyone who wants to *lose the weight or lose the pain!*"

Erin P, Salem VA

"Wow – I feel great! My hips are 1.5 inches smaller after just 6 sessions! I have more energy, I'm sleeping better at night and my knee doesn't hurt anymore.

Pam B, Roanoke, VA

Infrared Body Wrap Sessions

Single session \$49

Pkg 3 - \$105 (Save \$42)

Pkg 6 - \$189 (Save \$81)

Pkg 10 - \$299 (Save \$151)

Ion Cleanse Detox Foot Baths

Single Session \$29

Pkg 3 - \$ 69 (Save \$18)

Pkg 6 - \$125 (Save \$49)

Pkg 10 -\$199 (Save \$91)

It Works! Global

Home Body Contouring Products and Supplements

Try 1 Ultimate Body Applicator for just \$20!

Tones, tightens & firms problem areas in as little as 45 minutes!

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***Prices subject to change Prices on this sheet will be honored when sheet is presented.

Detoxification Station, LLC

Energize, Detoxify and Lose the FAT!

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