

### **Far Infrared Sauna**

The body develops fever when ill to enhance metabolism and help kill germs.

Hyperthermia, for fever therapy, helps combat infections and even cancer. Heating of the tissue also enhances metabolic processes. Greater cellular energy production facilitates healing. Because viruses, tumors and toxin-laden cells are weaker than normal cells, they tolerate heat very poorly. Raising the body temperature causes infections to heal more rapidly.

#### **Using the Far Infrared Sauna:**

**\*enhances circulation and oxygenates body tissue;**

**\*Opens nasal passages and assists sinuses to drain;**

**\*Restores skin elimination of toxic chemicals and heavy metals.**

Saunas deeply cleanse and tone the skin, improving the complexion and elasticity. The deep internal warmth of far infrared heating induces muscle relaxation, reduces stress and promotes better sleep, all leading to an overall feeling of well-being.

~ \$1.00 per minute ~

### **DISCLAIMER**

We do not Diagnose, Prescribe or Treat anyone. Our goal is confined to the education and guidance of health and well being of our clients.

### **Lymphatic Decongestive Therapy (LDT)**

Your lymphatic system is a vital circulatory system with an extensive network of vessels throughout the body. This system is your primary defense against bacteria, viruses and fungus. Blockages can occur from normal life stressors such as: illness, tight fitting clothing, lack of exercise, bumps and bruises, exposure to heavy metals, pesticides, herbicides, food allergies, surgery and of course STRESS. An impaired lymphatic system often results in: colds, flu, sinus problems, edema, water retention, heart disease, fibrocystic and tender breasts, cellulite, enlarged prostate, cancer and numerous other chronic or life threatening conditions.

#### **Benefits of LDT**

~Excellent adjunct to manual lymph drainage techniques to open lymph system and improve fluid flow and accelerate detoxification of tissues

~Reduction on pain due to lymphatic conditions

~Prevention of breast and prostate problems  
~Pre and post athletic application to increase performance and decrease muscle and tendon strain

~Provides relaxation, emotional balance, feelings of well being and increased energy

~Cosmetic enhancement by reduction of fluid deposits in the face and healthier skin. It also supports all cellulite reduction therapies and post-procedures such as micro-dermabrasion.

This technology uses energy from electrically ionizing noble (rare) gases in a Pyrex tube.

Even more beneficial is to add the Far Infrared Sauna after Lymphatic work is completed.

### **Who can not receive this treatment:**

~Any person with a pacemaker

~Pregnant women

~Person with history of epileptic seizures

~Persons with known thrombosis, therapy may dislodge a blood clot.

### **Lymphatic Decongestive Therapy**

~ 60 minutes = \$60.00 ~

### **Anti-Aging Face Rejuvenation**

Use of powerful combined effects of the Lymphstar Pro, Cold Low Level Laser, Collagen and detoxification to lift, tone, reduce puffiness, improve texture, reduce fine lines and wrinkles, promote collagen and elastin production; effective for Acne, Rosacea, freckles, dark under eye circles and age spots with no injections.

~ 60 minutes = \$70.00 ~

### **Add-on: Hands**

hands treated the same as your face

~ \$25.00 ~

### **Light Therapy for Sinus Problems**

Open breathing passages

~ 30 minutes = \$30.00 ~

### **Natural Health Corner**

Thank you for the opportunity to service your therapeutic and nutritional needs.

Audrey Hawk, B.S. from International Institute of Original Medicine

I am always researching for ways to help my clients to gain back their health. I also carry a line of supplements and herbs to aid you with your health needs. Laminine and Protandim are two you can order from the comfort of your own home.

### **Perfect Health Uncovered**

#### **What is Laminine?**

Laminine helps regenerate aging cells while completely nourishing unhealthy cells, supporting restoration to their original state. Your body has its own repair mechanism, the physical ability to regenerate damaged cells. This repair mechanism is alive and well when we are younger, but falters as we age.

Laminine unleashes this powerful repair mechanism inside all of us. It will not only keep your entire family healthy, but help them become physically, mentally and emotionally stronger. Heal the brain and you heal the body.

Go to: [www.mylifepharm.com/selahspa](http://www.mylifepharm.com/selahspa)

### **Tired of guessing about**

#### **nutritional supplements?**

#### **Compass - Your Guide to Health**

The ZYTO Compass system prioritizes your body's preferences for specific nutritional supplements. This information helps you make better decisions about which supplements to purchase and use. One size does not fit all and your individual needs change from time to time. Invest in supplements that will do you the most good.  
~ \$60.00 ~

### **Lose Unwanted Pounds and Inches**

Selah Spa now offers a program for weight loss that is based on Dr. Simeon's Manuscript.

Pounds & Inches

A NEW APPROACH TO OBESITY

BY: A.T.W. SIMEONS, M.D.

Learn about Food Combining, cleanses, and much more for a healthy body.