

Salon des Reves Treatments

Pressure Therapy

The main objective of pressotherapy is to improve blood circulation by using a vein-lymphatic drainage method. Pressures and decompressions are emitted by the apparatus to increase lymph circulation, eliminate toxins, decrease water retention and relieve congestion.

- **Drainage**: The purpose of the drainage treatment is to reduce the feeling of tired, swollen legs
 - The pressure is continuous, it increases little by little to compress the leg entirely
 - Drainage of toxins and waste
- **Pressotherapy**: The pressure therapy treatment will eventually refine the silhouette.
 - The pressure is sequential, it works cell by cell
 - Pressotherapy increases blood circulation
 - Eliminates toxins and waste
 - Medical benefits, treatment of edema
 - Improvement of athletic performance and recovery
 - Improves mobility, especially for the elderly

This Pressure therapy device is NOT recommended:

- On tumours or cancerous areas
- During pregnancy
- People with heart conditions, cardiac disease, pacemaker, artificial heart, hypertension
- Patients with Artificial tendons, pins or circulation problems
- People who have undergone surgery should not use the device until fully recovered
- In case of excessive alcohol absorption do not use the device until no longer under the effect
- Do not use the device in case of extreme fatigue
- If abnormal symptoms occur during use of the device, stop and consult a doctor

Jacuzzi Clearlight Sanctuary 2 Full Spectrum Infrared Sauna with Advanced Medical Grade Chromotherapy

Sunlight is a combination of visible light and invisible light. The seven colors of the rainbow are visible lights and infrared rays and ultraviolet rays are invisible lights. Infrared rays are one of the sun's rays and are the healthiest, penetrating into your skin deeply and dissolving harmful substances accumulated in your body. Infrared rays vitalize your cells and metabolism and offer great anti-aging benefits. Infrared heat provides all the healthy benefits of natural sunlight without any of the dangerous effects of solar radiation. The benefits of Infrared saunas may be exactly what you need to achieve your wellness goals since they are an effective tool for natural healing and prevention.

Sauna meditation: the sauna offers the perfect place to meditate and focus on the mind, to regenerate your health and wellbeing. It will help to achieve the higher level of health.

Sanctuary 2 has Medical Grade Chromotherapy lighting with 96 LED Lights offers a wide array of Health Benefits Chromotherapy is the science of using wavelengths of color light to affect your body and mind for improved health and happiness.

Cosmetic Benefits

- Healthier Skin
- Anti-aging & Age spots
- Acne and scar reduction
- Wrinkle reduction of crow's feet
- Stimulates collagen and elastin
- Decreased hair loss
- Improved varicose veins

Health Benefits

- Detoxification
- Reduced Inflammation
- Pain relief
- Wound healing
- Increased range of motion
- Increased flexibility
- Improved circulation
- Treating Seasonal Affective Disorder (SAD)
- Improved sleep patterns
- Stress reduction

Full Spectrum Infrared: Near, Mid and Far

Near Infrared: Healthy cell immunity, wound healing, skin purification and pain relief.

Near infrared wavelengths have a lower micron level and a resulting shorter wavelength which mostly penetrates the epidermis layer of the skin. This makes it a very safe choice for the improvement of cell health, the renewal of skin, wound healing and human tissue growth resulting in a reduction of fine lines and wrinkles and improved skin tone including elasticity and clarity.

Mid Infrared: Pain relief, improved circulation and weight loss.

Mid infrared wavelengths penetrate deeper into the body than near infrared and are therefore good for increasing circulation and blood flow. When used on a consistent basis, mid infrared sauna therapy has been shown to significantly increase blood flow and reduce muscle and joint pain. Healing can occur faster because mid infrared penetrates deeper into soft tissue where inflammation occurs.

Far Infrared: Weight loss, detoxification, better circulation, reduction in blood pressure, and relaxation.

Far infrared is the longest wave length that penetrate into our body to activate the sweat glands. The sweat glands offer one of only a few mechanisms that the body has to eliminate toxins and since the skin is the largest organ in the human body, it is a very good means for elimination. Far infrared sauna therapy heats the body directly rather than simply warming the air, it raises the core body temperature and produces a deep, detoxifying sweat at the cellular level where most toxins reside. Far infrared also

aids in blood pressure reduction, stimulates your metabolism causing vasodilation where the fat cells vibrate to expel toxins resulting in the greatest levels of detoxification and weight loss and you benefit from a great passive aerobic exercise.

**Studies have shown having sessions 3 times weekly in an infrared sauna will result in 4% reduction on body fat after 3 months, averaging 7 lbs!*

Jacuzzi Clearlight Infrared Sauna® models are the only ONLY infrared sauna that cancels out both EMF (electromagnetic field) and ELF (extremely low frequency waves).

Contraindications & prior use medical advice

If you have any questions regarding your current medical condition and the use of a Jacuzzi® sauna please consult your medical doctor before use. In the rare event that you experience pain and/or discomfort while in the sauna immediately discontinue use.

- Taking Medications
- Cardiovascular Conditions
- Chronic Conditions
- Pregnancy
- Hemophilia
- Fever
- Insensitivity to Heat
- Alcohol / Alcohol Abuse

iComfort 6500 Massage Chair

Enjoy an invigorating massage with iComfort® massage chairs. Intended to emulate the motions and techniques of an actual masseuse, the goal of iComfort® massage chairs is to provide the ultimate in comfort and relaxation. iComfort® massage chairs are designed to involve two main components intended to closely match these massage techniques: kneading and other active massage actions and airbag massage actions. The retractable footrest includes a series of systems designed to perform an effective and relaxing massage for tired feet. Fits heights up to 6'4", maximum 250 lbs.

- Contemporary design with high quality leatherette
- Multiple massage methods: Kneading Shiatsu, kneading, rolling, knocking, stretching, etc.
- Arm, hand, shoulder, hip and waist massage
- Sophisticated foot and underfoot massage
- 4 rotating massage heads for a smooth wrist movement simulation
- Multiple air bags for a stimulating compression massage
- High performance 3D Massage System
- MP3 music player and integrated speakers
- Remote control with LED display to indicate the type of massage performed
- Tilting up to 165 degrees tilt with legs and back separately
- Articulated and retractable footrest

Contraindications include:

- Acute pneumonia
- Active state (acute or flare-up) of contagious diseases
- Acute skin conditions and diseases
- Cancer without physician's approval
- Diabetes (if severe), without physician's approval
- Fever (above 38.5 degree C or 101.5 F)
- General acute inflammatory and infectious processes
- Lice
- Recent significant injury or surgery
- Rheumatoid arthritis (during flare-up)
- Severe burns
- Uncontrolled hypertension (conditions that are not stable, i.e., post-stroke or heart attack)
- Abnormal lumps (undiagnosed)
- Acute inflammation
- Arteritis (inflammation of the arteries)
- Blister (if less than 72 hours old)
- Herpes simplex outbreak
- Open wounds
- Phlebitis (inflammation of a vein)
- Shingles outbreak
- Skin rashes limited to a small area
- Unhealed burns and abrasions & warts
- Varicosities (varicose veins) over sites with deep vein thrombosis