

RELAX HEALTH CABIN



Try this Health Cabin
Just YOU and YOURSELF...
30 minutes
of
yourself
for your health...
combine it
with
Inspirational talks,
music or just silence....

You would have never
felt so
fresh
like
This
before !



When FIR penetrates into the human body, it creates resonance : A frequency equals to water resonance in the body. This process makes the water molecule break into ions. It is during this process the toxins & hard minerals are released. Hence the HARD WATER gets less viscous to allow easy blood flow.

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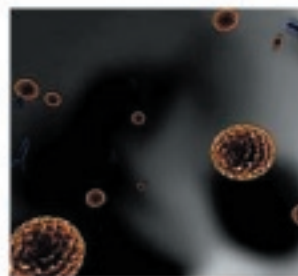
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Detoxification

Far Infrared Rays penetrate 4cm into the human body causing body cell to vibrate and increase metabolism. This causes toxin in the cell to drop off into the bloodstream and be removed through sweating. Analysis of the sweat will show that sweat from FIR Sauna contains 80~85% water and 15~20% toxin of heavy metals like lead, cadmium, copper and pesticides. Toxin in sweat from conventional sauna is less than 5% toxin.



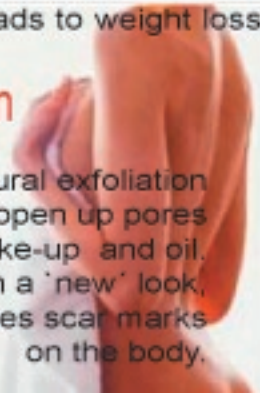
Assist in weight loss

It takes 0.57 kcal to produce 1 gram of sweat.

A regular person using The Gift of Sweat FIR Cabin for 30 minutes a day can produce over 1,000 grams of sweat burning over 600 kcal, equivalent to running over 8 km. Fat become water soluble at 38°C and is removed from the body through sweat. The water lost is easily regained by drinking water but the calories can only be regained by consuming equivalent amount of calories. As such, with no change in diet and daily use of The Gift of sweat FIR Cabin, more calorie are burnt. This leads to weight loss.

Skin Rejuvenation

Sweating is a natural exfoliation process of the skin. This open up pores and removes dirt, make-up and oil. This gives your skin a 'new' look, improves acne and reduces scar marks on the body.



Improves circulation

As the body is heated in FIR Health Cabin, the blood vessel start to dilate. This causes the heart to start pumping faster and divert blood from the organ to extremities of the body. This also help oxygen to reach all point of the body. The benefits of improved circulation include ease of arthritis pain and joint stiffness; faster recovery wound healing, reduce stress and many other health benefits. It is also good for diabetics. They need a great amount of oxygen in their cells

Enhances Immunity

When running a fever, the body naturally produce white blood cells to combat bacteria or microbes. The FIR Health Cabin increase the body temperature and the immune system naturally kicks in to help the body system of protection.

Improved Cardiovascular Conditioning

With the deep penetrating heat of The FIR Health Cabin body will naturally try to cool itself by diverting blood from organs to extremities of the skin through vasodilatation. This will naturally increase heart rate, cardiac output and metabolic rate. This effect is similar to exercising. Thus, it is extremely beneficial to people who are unable to exercise due to health condition or also for those who find no time to exercise or to those who are wheel-chair bound due to some illness. It becomes essential to establish a healthy lifestyle.

Helps clear cellulite

The Gift of sweat FIR rays can penetrate 4 cm into the skin and help to break down cellulite, the gel-like lumps of fat, water and toxins trapped beneath the skin. Once the cellulite is broken down the toxins are eliminated from the body through sweat.

It is an experience sitting in FIR Health Cabin. The actual experience you will get is only after you decide to sit in these cabin. Many have claimed to have felt much healthier, thinner and light. It is important to combine exercises with FIR. Our centre has various programs to help you tone your body.

Packages Are Available
Call the clinic for the informations.

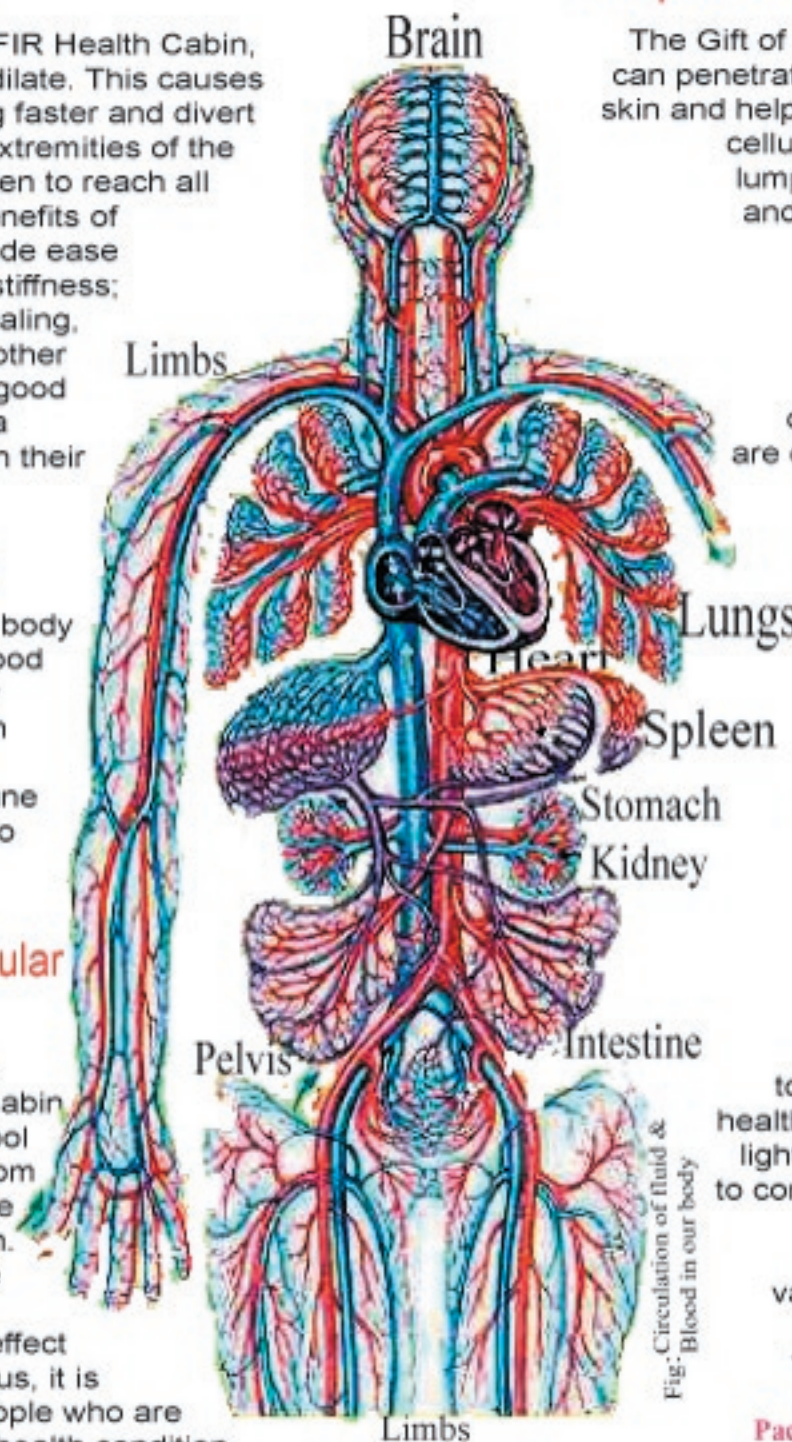


Fig: Circulation of fluid & Blood in our body

RESEARCH DISCOVERS THAT BLOOD CIRCULATES THROUGH THE BODY. HE DOWNED CIRCULATION OF BLOOD AND HEART BEGINS TO MAKE A DISCOVERY. FUNDAMENTAL TO MEDICAL SCIENCE.