

Infra-Red Sauna Therapy Sessions

Our Infra-Red Sauna Therapy sessions are focussed & integrated to directly target the reduction & removal of toxic chemicals stored in the body. On arrival you will be guided through the session to ensure all essential aspects of effective detoxification are in place, including the relaxation of body & mind.

Sessions last 1hr 30mins & include:

Pre-detox Assessment - 20mins

Medical history assessment & recording of vital signs: blood pressure, pulse & blood oxygenation.

Electrolite & Vitamin Detox Smoothie

Freshly made for you to take into the sauna. The smoothie opens the cells ready for detoxification & replenishes minerals.

Infra-Red Sauna - 40mins

A selection of healing music is available to play in the sauna or simply meditate in silence.

Vibro Acoustic Therapy - 20mins

A 'continued perspiration procedure' follows the sauna session. Whilst laying on the Vibro Acoustic back plate wrapped in a robe & towel, the low frequency vibrations & brainwave tuned sounds travel through the body to further detoxification.

Facilities

We provide you with Ayurvedic toiletries, towels & robes washed in eco-friendly detergents & our showers are chlorine filtered.

After care

The ISHSKO Wellness Centre is committed to patient care throughout all Therapies. One of our team will call you 2 days after your session to ask how you are feeling & discuss your future health & wellbeing intentions.

Session Prices & Packages

1 session - €95

4 session package - €340 - 10% saving

8 session package - €600 - 20% saving

To maximise the detoxification benefits of Infra-Red Sauna Therapy we recommend 1-2 sessions per week. It can take several sessions for the body to build up enough perspiration for effective detoxification. The 4 & 8 week session packages have been put together with this in mind.

Consulting your GP

If you have any metal pins, artificial joints, implants or are on any medication please check with your Doctor before scheduling a session.

Booking & Enquiries

To make a booking or enquire further about Infra-Red Sauna Therapy please contact us at the centre on the details below:

094 902 2469

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ISHSKO Infra-Red Sauna Therapy



'An integrated detox therapy directly targeting the reduction & removal of toxic chemicals stored in the body's fat cells.'

Infra-Red Sauna Therapy

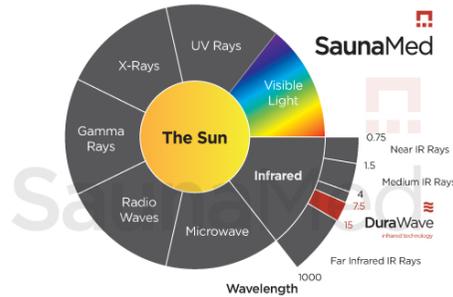
Hundreds of years ago people discovered heat therapy as a source of natural healing for many illnesses & discomforts as well as stress relief. Today new research shows that the reduction & removal of body toxins through the sweating process induced by infrared heat is becoming yet another highly regarded benefit of the sauna.

Our Infra-Red Sauna Therapy is a safe & efficient way of eliminating stored toxins in the fat cells. The body cleverly binds up these toxic chemicals in the fat to preserve other organs. Such toxins are detrimental to the natural functioning of the body & mind which will not release fat stores until the toxins are removed. The removal of such toxins is therefore also essential for the loss of excessive body fat.

Scientific studies have shown that a thirty minute session in an Infra-Red sauna can result in the loss of toxins & stored fats by up to six times the level a traditional sauna or exercise routine alone can achieve.

People who have tried many weight loss diets with little or no results will have been hindered because of chemical toxicities stored in the body fat. New awareness of this alongside use of an Infra-Red Sauna can make all the difference towards successful weight loss.

'The removal of chemicals & toxic wastes from the fat cells is essential for successful weight loss.'



Heating Technology - Far Infra-Red Ray

The sun is the primary source of radiant energy but not all of this energy is beneficial. Although life needs energy from the sun, too much sunlight damages the skin.

Infra-Red energy comes directly from the sun's rays & is beneficial for the body. It is the warm glow we feel on a sunny day, that's why when a cloud comes over & blocks these rays we feel a sharp drop even though the air temperature has not changed.

Far Infra-Red radiant heat - FIR is a form of safe, naturally occurring energy that heats objects by direct light. It is used in hospitals to warm newborn babies. In sports medicine Infra-Red has been long accepted & used to promote healing of sprains & strains.

NASA has also concluded after lengthy trials in the 1980's that Infra-Red Therapy is the best way for astronauts to maintain cardiovascular fitness on long cramped space flights.

FIR heat provides many of the health benefits of natural sunlight without any of the dangerous effects of solar radiation.

Electro Magnetic Radiation - EMR

EMR is short for electromagnetic radiation or sometimes known as EMF - electromagnetic fields. They are created when electric current radiates from mobile phones, computers, tablets, microwaves, hair dryers etc. Exposure to such radiation changes the polarity of the energy body & stresses the autonomic nervous system. SaunaMed saunas are EMR neutral & the most widely accepted sauna brand used by doctors & health care professionals today.

Main Health Benefits

Helps purify fat cells & control weight.

- Unto a 600 calorie burn per session.
- Detoxifies heavy metals, hydrocarbon residues, alcohol, nicotine, sodium, dioxins, chloride, parabens, chloride & cholesterol.
- Strengthens the cardiovascular system.
- Effectively treats sprains, muscle spasms & joint stiffness.
- Relieves aches & pains.
- Improves & clears cellulite.
- Improves skin tone & complexion.
- Helps heal scars & burns, acne, psoriasis & eczema.
- Sharpens the senses, relieves stress & fatigue.
- Stimulates brain endorphins & 'feel good' hormones.
- Improves the immune system, kills bacteria & parasite organisms.
- Increases resistance to disease.