



## The Detox Suite



**'6 Leading edge Detoxification Technologies in ONE suite designed to eliminate toxins & restore optimal health'**

### ISHSKO Detox Suite

The Detox suite is located in a quiet, comfortable part of the Wellness Centre overlooking Croagh Patrick mountain. It has been created for the purpose of detoxification, rejuvenation and relaxation using 6 leading technologies designed to eliminate toxins & restore optimal health.

Depending on levels of toxicity, detox therapies are important for patients undergoing mercury removal dental treatment as well as patients without mercury fillings who are still high in heavy metal toxicity.

The ISHSKO Detox suite has integrated the following technologies which can be undertaken in 1, 2 and 3 day programmes.

### Photon Wave Rainbow Light Modulator



Chromatic Light therapy increases ones visual field that has been decreased by too little sunlight and too much artificial lighting in home, work and outdoor environments. Natural light is absolutely necessary for normal brain functioning. Colour Light stimulation has proven to be remarkably successful in such cases as: Immune Dysfunctions, Skin Diseases, Heavy Metal Toxicity, Chronic Pain, Chronic Fatigue, Allergies, ADHD, Depression, Dyslexia, Trauma

### Chi Machine

The Chi Machine enables the human body to gently move from side to side in a figure of eight motion, the same way a goldfish swims, to maximise the body's natural absorption of oxygen. It uses all the movement orbits of the human anatomy. If toxins are not



eliminated from the cells effectively, numerous disorders affecting the Immune System will

### Hyper-thermal Mud Bath



Therapeutic peat hyper-thermal baths are a deeply relaxing, natural and effective health treatment that can be used for a variety of health conditions. They aid in the elimination of highly damaging toxins and waste products from the cells and tissues. The result is an improvement in overall cell and organ function and the increased ability of the body to heal itself. Peat Mud baths detoxify by mobilising deep fat and chemicals stored in the body and induces fever to allow significant bone marrow production of white cells for the immune system. They also significantly increase metabolism and metabolic rate, increase libido, decrease stress, relieve pain and inflammation

## Vibro-Acoustic Therapy



Whilst laying and relaxing on the comfortable vibration plate the low frequency waves travel up through the body. This increases the vibrational frequency of both body

and mind, allowing physical and mental blocks caused by tough physical trauma, toxicity or emotional stress to lift. The brainwave tuned sounds of the soothing music mirror the vibrations, further assisting rejuvenation, healing and stillness of mind. This is the experience of not only health and vitality but transformation of consciousness and spiritual growth.

## Infra-Red Sauna Therapy

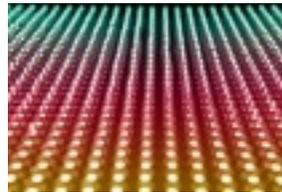


Our Infra-Red Sauna Therapy is a safe & efficient way of eliminating stored toxins in the fat cells. It uses safe infra-red heat free from harmful electromagnetic frequencies (EMF) to trigger deep perspiration. By pushing stagnant blood from deep inside the organs to the surface it flushes out toxins from the body.

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 30 minute session in an Infra-Red sauna can result in the loss of toxins & stored fats by up to 6 times the level a traditional sauna or exercise routine alone can achieve.

## Avalon Light, Heat & Sound Therapy



The 'Avalon Effect' is the effect our body receives when it is exposed to natural light and energy vibrations which in turn helps to stimulate the bodies

natural ability to heal itself. Light Emitting Diodes (LEDs) are a form of light therapy proven very effective as it covers a greater surface area in a shorter amount of time.

Avalon eye and body pads use light, heat and sound therapy to increase energy and circulation, stimulate collagen, reduce pain, promote cell regeneration, speed up the healing process, detoxify the system and stimulate the release of ATP & nitric oxide.

## Facilities

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

## Session & Programme Prices

Detox suite sessions last 2.5hrs & include Electrolyte hydrating smoothies & Cellogie Optimum nutrition.

1 day session €275

2 day programme €500

3 day programme €700

## Booking & Enquiries

To make a booking or enquire further about Detox Suite sessions please contact us at the centre on the details below:

ISHSKO WELLNESS CENTRE  
2 Brooklands, Lannagh Rd,  
Castlebar F23WR63  
County Mayo

094 902 2468

ishskoinfo@gmail.com  
www.ishskowellnesscentre.com

## 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.