

FIR SAUNA Body Shaping System – also referred to the “**BodyMelt**”

Melt away fat while burning inches in our FIR SAUNA Body Shaping System. This treatment has something that no other conventional body system can do: It reduces fat and promotes healthy skin while removing toxins. Plus, you will get the following results:

increase your metabolism, burn fat, lose weight (not just water and inches), help reduce the appearance of cellulite and stretch marks, have more energy, improve skin texture, relieve stress and reduce aches and pains due to joint stiffness, fibromyalgia and more. With your FIR SAUNA Body Shaping System treatment you will be wrapped into a comfortable Infrared blanket for a deeper relaxation experience Decrease BMI, Body Fat and Lose an average of 1-2kilograms in 30min. Rest cocooned in the blanket, as Infrared Heat raises your core body temperature, and releases toxins. Burn up to 600 calories, stimulate your metabolism and lose 1-2 kilograms in one session



The **FIR SAUNA Body Shaping system** emit Far Infrared Rays and this heat therapy can aid in weight loss by speeding up the metabolic process of vital organs and endocrine glands, resulting in substantial caloric loss in one body wrap session. Sweating is part of the complex thermoregulatory process of the body that increases the heart rate, cardiac output, and metabolic rate. The process requires a large amount of energy and reduces excess moisture, salt and subcutaneous fat. Fat becomes water soluble at 40 degrees Celsius and then allows the body to sweat out fats and toxins.

What is the targets fat loss opportunity from using FIR SAUNA Body Shaping system heat therapy?

As every individual is different, fat loss from an **FIR SAUNA Body Shaping system** will depend upon the physiological make-up of that person. So the greater the excess weight someone has, the faster

and more dramatic results will be seen. Some people may not experience a great weight loss, but will see an improved body appearance by losing inches or dress sizes. Extremely physically fit people that don't carry excess weight or inches can experience much improved muscle tone. The more physically active a person is, the greater the benefits that can be achieved from an infrared body wrap. A less active person may take longer to see results as their body must grow accustomed to the **FIR SAUNA Body Shaping system** heat therapy.

Of course if a client who is using an **FIR SAUNA Body Shaping system** eats or drinks excessively, most of the results from the infrared body wrap treatment will be wasted. Common sense tells us that as with any body treatment or system to help one attain a better physical appearance, one must adjust their nutritional needs. Ideally, an **FIR SAUNA Body Shaping system** treatment will be most beneficial for those who stick with a balanced and healthy eating program.

Clients that lead a very sedentary lifestyle can still achieve great results, but will require a longer period of time. Again, they too must take control over their eating habits to obtain their desired results.

My experience using the **FIR SAUNA Body Shaping system** on myself and on clients provides a body reduction of at least one size in approximately 6 – 10 **FIR SAUNA Body Shaping system** sessions and spacing the sessions on with 2 to 3 days between each session. Although this is the standard results I have experienced and I have seen, but as I stated earlier results are different on every person and dependent upon their body type and lifestyle.

it is always crucial to replace the water and even drink something with electrolytes. The water your body gets rid of during an infrared body wrap is filled with toxins and impurities within the skin. The water you take in after this treatment will even help flush out more toxins.

Testimony from Tracy Lotz; "After using **FIR SAUNA Body Shaping system** and even infrared saunas myself, I know the benefits and what can actually be expelled. I really realized it when I was using **FIR SAUNA Body Shaping system** to help my daughter after her chemo treatments to rid the body of the excess. As you can see by the picture.

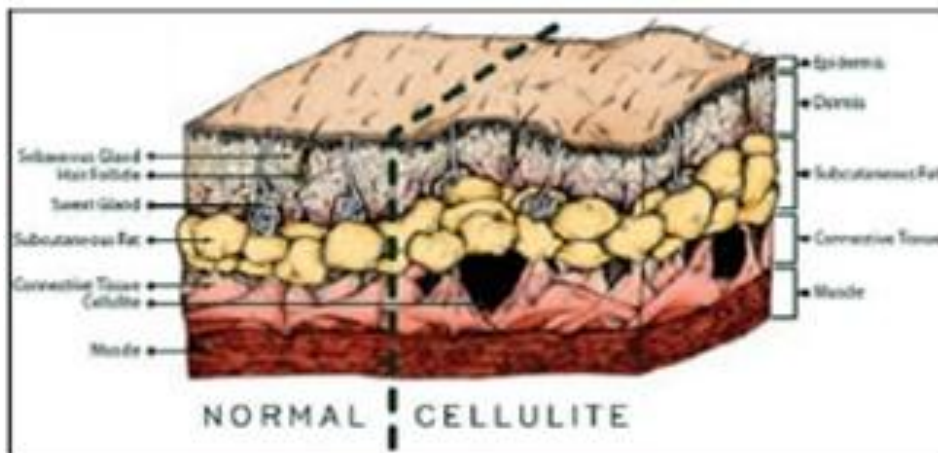


(I took it against a white door so you can be able to see the difference. Most often the fluid that is expelled during the **FIR SAUNA Body Shaping system** is clear to cloudy under normal conditions. However, my daughter has been battling T-Cell Lymphoma and had to have 8 rounds of 4 days of Chemo treatments every 21 days....when she got up and I gathered the fluid in the plastic sheet, we were amazed to see the yellow color! It is the exact color of one of the types of chemo that she was injected with!!!)"

Cellulite

Frequent use of the **FIR SAUNA Body Shaping system** noticeably help reduce the appearance of cellulite because infrared works at a deeper level and helps to rid the body of excess toxins which give us that "orange peel" texture. You can do your own research on **FIR SAUNA Body Shaping system** and you will be amazed as to how healthful using infrared body wraps can be.

FIR SAUNA Body Shaping system and its Benefits



Benefits of using the **FIR SAUNA Body Shaping system** are that it improves the appearance of cellulite, aids in minor pain relief, contours and shapes the body, and helps with inch and weight loss. **FIR SAUNA Body Shaping system** work the same as infrared therapy, and is similar to the infrared energy found in FIR Saunas. The heat produced causes the heart rate to increase. This is a lot like when you are exercising, you get your heart rate up and over the course of the treatment you will also begin sweating.

FIR SAUNA Body Shaping system

FIR SAUNA Body Shaping system systems use infrared therapy and 2 wavelengths of infrared, long wave and short wave. When you are using short wave and long wave, this will allow the treatment on this system to provide the best infrared therapy results.

The heat produced by these **FIR SAUNA Body Shaping system** also cause our body to sweat, and when you are sweating your body will release Toxins and therefore causing the skin to feel smoother. A lot of people have reported that their skin feels like silk after just a few treatments.

The heat produced by these infrared wraps cause **thermo-lipolysis** to happen. *If you did not know thermo-lipolysis is the process of using infrared heat to break down stored fat cells in the body.* When that starts to happen the fat is then released back into the blood stream and metabolized and are released out of the body through urine.

The **FIR SAUNA Body Shaping system** produces heat, and the heat being produced by the system increases your body's metabolism in a way that it will burn calories not just during the session but for approximately 30 hours after you have finished your session. Yes you will sweat and lose some water weight during the session, some of the water weight will return. But the good thing about the wrap is, the calories burned will not return.

Improve Appearance of Cellulite

Also after a few sessions you will see an improvement in the **appearance of cellulite**. Customers have reported losing several centimeters after just 4 sessions. When doing infrared wraps you need to do about 10 sessions, and then just regular maintenance thereafter. It is recommended that you do 5 sessions within your first 2 weeks followed by two sessions per week thereafter, till you get to the size you want to be.

You can get your own **FIR SAUNA Body Shaping system** at a very good price or go for treatments at various day spas, medical spas, and wellness centers or fitness centers. The great beauty of using this system is that if you use it in conjunction with a diet, you will see a lot quicker results with your weight loss and **centimeter loss**. Plus just a great way to clean out your body, and get a great detox.

What are the therapeutic benefits of an **FIR SAUNA Body Shaping system**?



So why do I always recommend an infrared **FIR SAUNA Body Shaping system** to my clients? The answer is quite simple. There are many therapeutic benefits of an **FIR SAUNA Body Shaping system**

Let's talk about them a bit. They are in no particular order, as I believe they are all important.

- Infrared helps the reduction of cellulite (fatty clogged, water logged tissue), and promotes weight loss by helping to breakdown fat.
- By helping the body to burn many calories per infrared body wrap session (as much as a 1000), it is revving the metabolism with the calorie burn and, therefore, supports the body fat reduction which leads to weight loss.
- Because infrared heating the body from the inside to outside of about 2.5-4 centimeters deep into the skin, an **FIR SAUNA Body Shaping system** encourages detoxification of accumulated toxins and metabolic waste through sweating.
- It is important to drink water before and during the **FIR SAUNA Body Shaping system** and to replenish electrolytes after using infrared because the infrared body wrap can help the body rid itself of excess fluids that prevent the body functioning at its optimal levels.
- Using infrared improves circulation, cleanses and tones, as well as improves the skin's elasticity.

I like to promote the weight loss benefits to my clients because of the revved up circulation and metabolism, but most come back for the total benefits of the way their bodies feel: **clean, younger, tighter and more relaxed**. Weight loss, well that's a bonus!

FIR SAUNA Body Shaping system, Does it work?



This ***FIR SAUNA Body Shaping system*** targets and penetrates uniformly into the body emitting a full bio-spectrum that gets into the deep layers of the skin. It is also thought to be seven times more effective at detoxifying heavy metals and other environmental toxins, as opposed to conventional heat saunas, mineral wraps, and steam saunas. This ***FIR SAUNA Body Shaping system*** is a great choice for your well being.

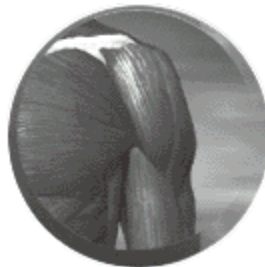
What the heat does is softens the fat and cellulite tissue, that breaks it up. After it breaks it up it is going to be released from the body, and burned up as energy.

Cellulite is like hard muscle that is hardened from the lack of blood circulation. Cellulite is a gel-like substance make up of fat, water and waste, which is trapped in pockets below the skin surface. The ***FIR SAUNA Body Shaping system*** will help release the fatty pockets, and break down the cellulite. This is why the ***FIR SAUNA Body Shaping system*** is a lot easier to perform on yourself, or on a client. There is a lot less work involved in performing a ***FIR SAUNA Body Shaping system*** then any other slimming machine.

Not All Thermal Systems Are Created Equal	
Conventional Saunas	Far Infrared Body Shaping System
- Induces sweat, surface perspiration	- Induces up to 2 to 3 times more sweat; deep perspiration
- Steam therapy	- Deep heat therapy
- Expels excess water	- Burns calories
- Relieves surface pain	- Relieves pain
- Detoxification	- Deep Detoxification
- Muscle relaxation	- Deep muscle relaxation

- Weight loss	- Quicker weight loss
- Reduces tension & stress	- Relieves tension & stress
- Not applicable	- Reduces cellulite
- Not applicable	- Increases resistance to sickness
- Electric stove or traditional lava rock heater as heat source	- Patented far infrared ray heater as heat source
- Transmits hot air	- Transmits far infrared rays
- Extreme dry heat; difficulty in breathing	- Comfortable heat; ease of breathing
- Allows short period of exposure	- Allows extensive exposure
- Warm-up period of 30 to 90 minutes	- Warm-up period of 5 minutes at room temperature
- High power consumption - Electric power 3 Kw-6 Kw	- Low power consumption - Electric power 1 Kw- 2 Kw
- Permanent fixture	- Portable; easy to store
- Employs tradesman to install; requires plumbing	- Easy 5-minute installation; no plumbing required

- Collagen tissues increase in extensibility needed for repair & recovery of injuries involving ligaments, joint capsules, tendons, fasciae & synovium;
- Joint stiffness decrease in thickened connective tissues for greater flexibility and full range of muscular motion;
- Muscle spasms are relieved with the heating of muscle fibers;
- Pain is relieved through increased endorphin production & dilation of blood vessels brought about by direct heat application on tissues & nerves;
- Blood flow is increased by inducing expansion of capillaries promoting quick muscle recovery;
- Inflammation is arrested



Reported therapeutic Benefits of Far Infrared Energy

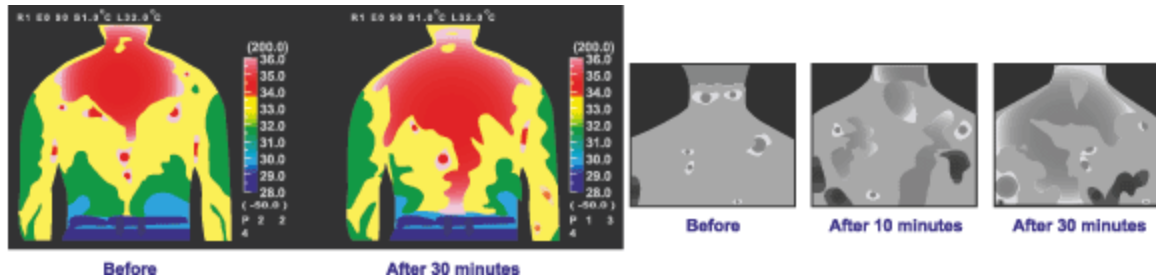
Great success has been reported with the use of far infrared treatment for the following:

- Arthritis (TMJ, traumatic, gouty, rheumatoid & DJD

- muscle spasms
- lower back pain
- adhesions
- compression fracture
- spinal cord shock
- muscle tension
- post-exercise muscle pain
- shoulder pain & stiffness
- bursitis
- whiplash
- menopause
- rheumatism
- gastro enteric problems
- insomnia

More provocative results have been reported with the use of far infrared treatment for the following:

- burn relief, healing & less scarring
- high blood pressure
- coronary artery disease
- coronary artery disease
- gouty arthritis
- low blood pressure
- short-term memory
- cancer therapy
- cerebral hemorrhage
- soft tissue injury from auto accident
- exposure to toxic electromagnetic fields
- acute & chronic arthritis
- rheumatoid arthritis
- menopause symptoms
- arteriosclerosis & hypertension



FIR SAUNA Body Shaping system deep heat will increase the blood flow level and improve the circulation of oxygen throughout the body that is resembled during an exercise. This stimulates the sweat glands to exercise. This stimulates the sweat glands to excrete two to three time more intense perspiration than conventional hot-air saunas. The more profuse the sweating, the more toxins and body waste are released. This detoxifying process purges the body of harmful heavy metal known to cause disease, thus, fortifying the improving the body's overall resistance to illnesses.

Far infrared energy effectively breaks down water molecules that accumulate and store unwanted toxins in our body that block blood circulation and impair cellular functions.

Exposure to far infrared waves steadily circulates blood, removing blockages in the blood vessels and allowing for proper oxygen distribution to all parts of the body. This greatly reduces the risk for developing diseases.

American researchers have shown that conventional sauna users sweat out 95 % to 97% water while **FIR SAUNA Body Shaping system** users excrete 80% to 85% water with the non-water portion being cholesterol, fat-soluble toxins, toxic heavy metals, sulfuric acid, sodium, ammonia and uric acid. These heavy metals are not discharged with the sweat from normal exercise.

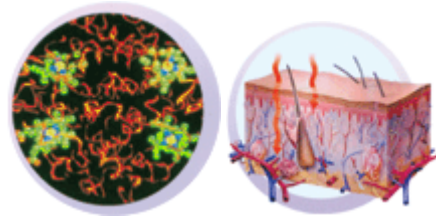
SOLUTION TO FITNESS AND WEIGHT LOSS

Now you can relax your way to keeping fit in only 20 to 30 minutes a day. Imagine burning more than 300 to 600 calories in a half-hour session... while you rest! This is the same caloric consumption you would yield from a 30-minute high-impact aerobic activity such as rowing at your peak effort or running a 10 km marathon. This now also makes it possible for people who cannot physically exert themselves to achieve the same benefits of a fitness and exercise program.

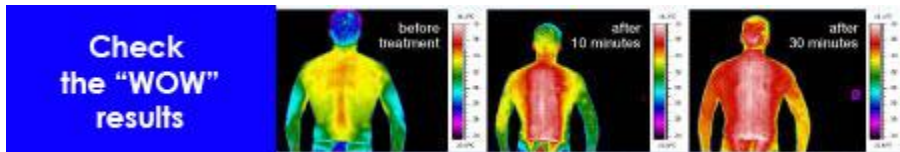
The idea behind doing any aerobic activity is to raise the heart rate and increase metabolism, which brings on a cardiovascular training and conditioning effect. It is then that calories are burned, leading to the much-desired result of weight loss.

Extensive research has shown that exposure to far infrared heat creates the same impact on the cardiovascular system. The rays that penetrate over 2.5cm deep into muscular tissues and internal organs increase heart rate. The body then cools itself by producing sweat as the heart pumps blood at a faster rate to boost circulation. With this cardiovascular function necessary to burn calories and shed off weight.

Compared with the conventional hot-air sauna, **FIR SAUNA Body Shaping system** produces two or three times more sweat. While the water loss can be regained by drinking, the calories cannot. Experts believe that as far infrared energy effectively expels toxins, it eliminates with it the fat that our bodies use to dilute toxins. Body fat becomes soluble at 40degrees Celsius.

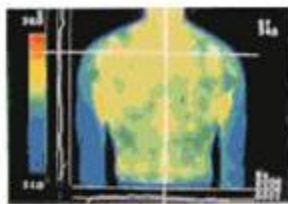


A 30 - minute session in the **FIR SAUNA Body Shaping system** may provide the following health benefits:



Increases Blood Circulation: These spectral wave Images show how effective and deep acting a **FIR SAUNA Body Shaping system** detox therapy at only 45 degrees.

Uncomfortable and along with the full safety glass door prevents claustrophobia.



Before using FIR Detox



After FIR Detox Session

Here are how many calories can be burned in 30 minutes of exercise:

Sport	Calories
Rowing (peak effort)	: 600
Swimming (crawl stroke)	: 300
Jogging	: 300
Tennis (fast game)	: 265
Chopping Wood	: 265
Cycling (10mph)	: 225
Golfing (without a cart)	: 150
Walking (3.5mph)	: 150
Bowling	: 120
Vigorous Racquet Ball	: 510
Marathon Running	: 593

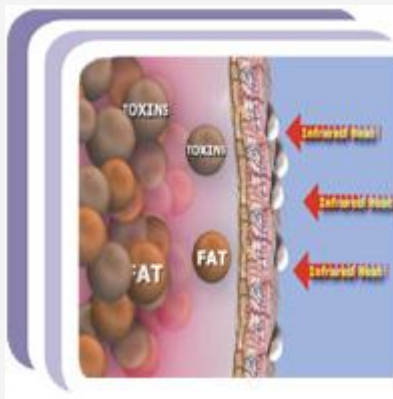
Health Benefits

- Pain relief (back, arthritis, fibromyalgia)
- Weight control, weight management
- Immune system enhancement
- Stress reduction, stress management
- Exfoliation, better skin (cosmetic benefits, removing dead cells, dirt, chemicals) plus helps skin act as body's largest and best elimination organ
- Increased circulation for more oxygen to reach injured areas, help healing, diminish pain
- Elimination of toxic metals AND other toxins-- body detoxification, mercury detoxification. Also detoxification of aluminium, dioxins, PCB's, cadmium, toxins from plastic products, lead and nickel
- Wound healing, cut healing
- Reduction of swelling, inflammation, especially muscles, joints, neck
- Hyperthermia--elevated temperature kills pathogens and helps heal
- Cardiovascular system, fitness, health improvements, lower blood pressure, improved elasticity of arteries, cardiac rehab. 20 to 30 FIR minute session similar to six mile run in cardiovascular effect, burning up to 600 calories
- Boost metabolic rate
- Warm up cold hands & feet
- Sweat from exercise not as effective as detox sweat, since exercise activates sympathetic nervous system which inhibits toxin elimination. Sweating in FIR detox does not activate sympathetic nervous system, allowing more toxin elimination
- Stimulate hypothalamus, which controls neuro chemicals involved in sleep, mood, pain, blood pressure
- Improve lymph circulation by sweating out toxins
- Lowers 2-5 % of body fat in 20 minutes as fat liquefies at 40 degrees Celsius
- No need to pre-heat. Sweat quickly (10 to 15 minutes)
- Odor proof detox
- Promotes cell regeneration--cells regenerate every 28 days
- Self-temperature control system keeps detox temperature at a comfortable tempera

Model No.	PH-2B II
Input Volts	100V ~120V 60Hz / 220V ~240V 50Hz

Output Volts	DC36V
Material	Made of Nylon, covered by a layer of PU (polyurethane) fabric, with heating elements of Space Carbon Fiber
Input Power	150W(Max.)
Control Panel	Manual Control
Heating Zones	3 connections controlled simultaneously
Temperature	30°C ~ 75°C
Separate Heating Zone Control	N/A
Timer	30~60 minutes
Size	180 x 92 cm
Net Weight	9kg
Warranty	1 year

Deep Penetrating far infrared heat melts subcutaneous fat at 40c, thus shaking lose the embedded toxins, acids and gasses and allowing them to be directly expelled out of the body through heavy perspiration. In some cases this is the only way to eliminate certain heavy metals and toxins from the body.



FIR IS EXCELLENT FOR DETOX

Scientists in Japan report that in the FIR treatment of clogged capillary vessels, heat expands the capillaries and then initiates the start of a process to dissolve hidden toxins.

Infrared sauna detoxification promotes the elimination of fats, chemicals and toxins from the blood: Poisons, carcinogenic heavy metals, toxic substances from food processing, lactic acid, free fatty acids, subcutaneous fat associated with aging and fatigue, excess sodium associated with hypertension, and uric acid which causes pain. Furthermore, if sebaceous glands are activated, accumulated cosmetics in pores can be eliminated through the skin (sweat and oil glands) rather than by the kidneys.

30 min session 3 times a week