



healspa

LOWER BODY

THERMAL THERAPY

FOR

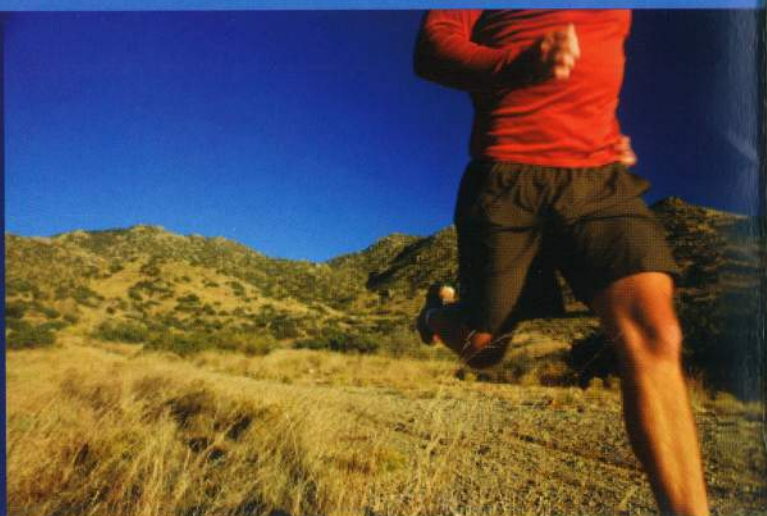
WHOLE BODY

WELLNESS





## lower body thermal therapy



### WHAT IS LOWER BODY THERMAL THERAPY (LBTT) BY HEALSPA?

A thermal image of an average human body (Figure 2.1) shows that the upper body near the heart maintains a warm temperature and areas further from the heart maintain a much lower temperature. This is natural to protect heart and head, which are the most important organs. However, this imbalance causes many health threats.

LBTT fixes this imbalance by warming the lower body and increasing blood flow to the whole body without raising blood pressure or feeling of suffocation, while heart and head stay cool.

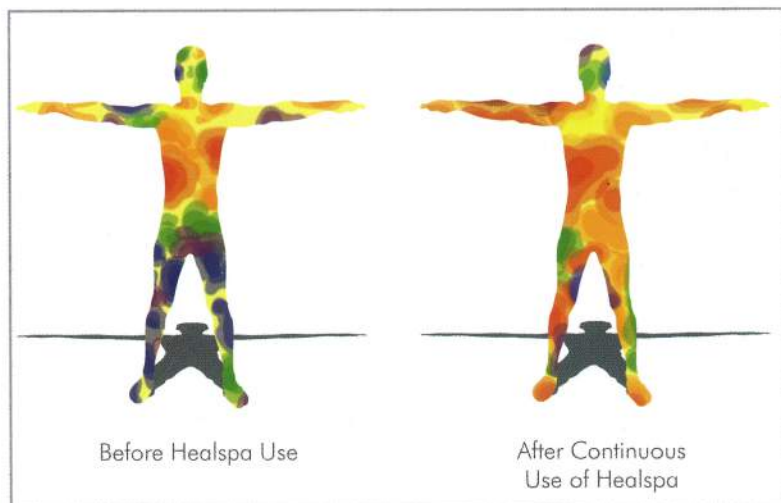


Figure 2.1

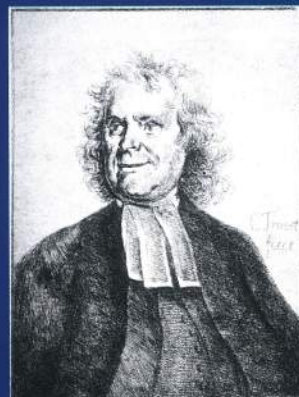
**“KEEP YOUR HEAD COOL, YOUR FEET WARM,  
AND YOU’LL MAKE THE BEST DOCTOR POOR.”**

From “The Onliest and Deepest Secrets of the Medical Art.” By Hermann Boerhaave, one of the most influential clinicians and teachers of modern physiology.

Modern physiology owes much to the work performed during the 18th century by the Dutch physician Hermann Boerhaave.

#### LAST WORD

When he died in 1738, he left behind a sealed book with the title “The Onliest and Deepest Secrets of the Medical Art.” The book, still sealed, was auctioned for \$20,000 in gold. When the new owner broke the seal, he found that 99 of the 100 pages were blank. Only the title page bore his handwritten note by the “author”: “Keep your head cool, your feet warm, and you’ll make the best doctor poor.” This practice is called the Lower Body Thermal Therapy (LBTT) and is considered as one of the most effective ways to improve one’s health.





# benefits of healspa

## HOW HEALSPA CAN BENEFIT US

### BOOST METABOLISM

As you relax in the HealSpa, your body is actually hard at work, producing sweat, pumping blood—and boosting metabolism. The heated blood in your lower body rigorously circulates through your whole body to maintain equilibrium in your body temperature, thereby boosting your metabolism. Studies have shown that increasing your metabolism plays a huge part in the weight loss process.

### SUPPRESS APPETITE

In a recent study to determine the effect of LBTT on satiety level, healthy male subjects were given a meal replacement every 3 minutes following 30 minutes of HealSpa Therapy. Over the course of several days, study results revealed that with each HealSpa Therapy session, satiety levels reported by the participants had increased. This indicates that regular use of HealSpa Therapy inhibits appetite, allowing you to manage your weight naturally and safely without resorting to “fad” diets or worrying about the Yo-Yo effect.

### RELIEVE ARTHRITIS

For centuries heat therapy has been used to treat many forms of arthritis. The radiant heat generated

by HealSpa penetrates uniformly beneath the skin's surface to ease problematic and painful conditions associated with sprains, neuralgia, bursitis, muscle spasms, joint stiffness and other muscular-skeletal ailments. With regular therapy, much of the arthritic discomfort that comes with aging can be significantly reduced or eliminated.

### INSOMNIA

Perhaps the most immediate relief that the HealSpa sauna offers is simple relaxation. Within minutes the stress and tension of every day life begins to dissolve. The gentle warmth of HealSpa calms nerves and knotted muscles, preparing body and mind for more peaceful, uninterrupted sleep.

### DIMINISH BACK PAIN

The deep heat of the HealSpa Lower Body Sauna helps peripheral blood vessels to dilate, bringing relief and healing to muscle and soft tissue injuries. Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen-depleted muscles, so they recover faster. Muscles relax most readily when tissues are warm which eases pain while providing greater flexibility and range of motion.





# healspa features



## INNOVATIVE DIGITAL CONTROL PANEL

Artificial Intelligence remembers your last setting with a digital control panel. Multiple settings offer a variety of conveniences like an automatically controlled thermostat for maximum comfort.



## BENCH

The thoughtfully designed, well-constructed bench with a heater underneath it is roomy and comfortable with or without a cushion, so you can relax and enjoy your sessions, while giving a healing far infrared ray to your uterus and prostate gland.



## THE FINEST WESTERN RED CEDAR FROM CANADA

Every HealSpa Sauna is hand-crafted from the best center-cut wood for exterior. Carefully inspected and hand-picked all clear and vertical grains, Canadian Western Red Cedar offers the highest quality material for saunas distinguished by its beauty and exceptional durability in high-moisture environments.

### SPECIFICATIONS (SPECIFICATIONS SUBJECT TO CHANGE WITHOUT NOTICE.)

Size: 24.2(W) x 41.3(D) x 30.9(H) inch; Electricity: 120V/60Hz; Power consumption: 690w; Weight: 75lbs; Warranty: 1 year



## INNOVATIVE UPPER PANEL DESIGN

The thoughtfully designed upper panel lets you effortlessly get into the unit and completely insulates inside temperature.



## TECHNOLOGICALLY ADVANCED FAR INFRARED FLAT HEATERS

Seven flat carbon heaters with ceramic sand safely and efficiently warm your body. With heaters targeting your back, the sides of your legs, the front of your knees and below your feet, the patented technology of far infrared heat penetrates evenly for optimal results.



## ALLOWS FOR EFFORTLESS MOBILITY

Providing the same sweating benefits as offered by traditional saunas but without the restriction of complete isolation, HealSpa's upper body freedom allows for ease of movement so you can enjoy a number of activities during your sessions while your heart and head stay cool.



## CONVENIENTLY COMPACT AND PERFECTLY PORTABLE

Thanks to the wheels on the back you can move the HealSpa unit easily to any area of your home in just minutes. The space-saving design is completely free-standing and requires no plumbing or ventilation, so location options and relocation are simplified.

## SAVES ENERGY

Plugging into a 120V outlet, HealSpa energy depletion is much lower than what traditional saunas require. Consuming approximately 700W, HealSpa uses almost the same energy as a vacuum cleaner so there's no need to worry about the frequency of use or an exorbitant electric bill.





# overview of sweating

## OVERVIEW OF SWEATING

It's no secret that working up a good sweat is essential to your physical well-being. In fact, the benefits of perspiration date back thousands of years when the soothing wonders of sweat bathing offered the best way to relieve stress, stimulate and improve circulation and help the body purge itself of impurities. The ancient Romans practiced steam bathing regularly to enhance their complexion, while the Finns popularized sauna use in an old religious ceremony to promote mental, spiritual and physical healing. Even in modern times, health-conscious men and women everywhere still associate sweat-inducing activities with health and wellness.

Daily sweating does increase blood circulation which releases built-up toxins and waste while providing purifying benefits. And just like jogging, cycling and other forms of aerobic exercise cause the heart to pump harder and faster, allowing you to build up a sweat, HealSpa's Lower Body Thermal Therapy utilizes infrared energy to achieve the same conditioning benefits of continuous exercise. Infrared rays penetrate 1 1/2" into the skin through

a process of conversion where heat is transferred directly to the body without having to first heat the air. This produces 2 to 3 times more sweat than other saunas, increasing heart rate and pumping more blood through the dilated blood vessels to achieve a cardiovascular training effect that is both comfortable and safe.

In addition to essential cardiac conditioning, the deep heat of HealSpa induces intense sweat that helps rid your body of toxins and wastes, thereby strengthening your body's immune system. With regular heat therapy sessions the stiffness and pain associated with certain joint and muscle conditions diminishes dramatically while the profuse sweating achieved in the HealSpa carries off deeply imbedded impurities and dead skin cells for improved tone, texture, elasticity and color.

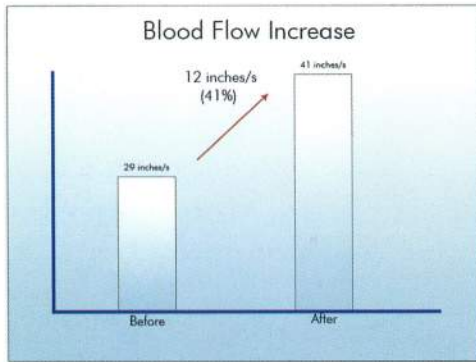
So whether your goal is to lose weight, alleviate the pain of a sports injury, build-up your immune system or simply relieve the tensions of the day, HealSpa paves the way towards healing and healthy living.



the many benefits of  
a good sweat

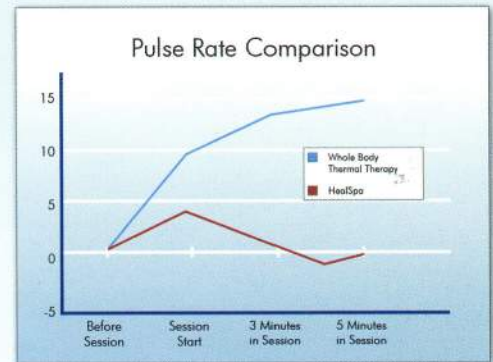


## BLOOD CIRCULATION

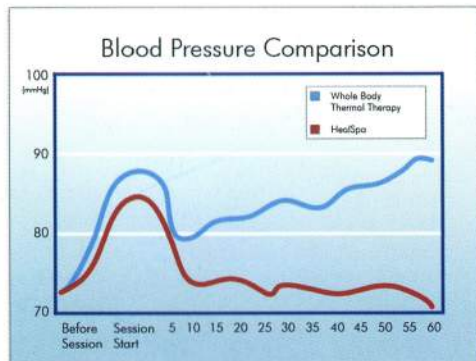


LBTT corrects temperature disproportion by warming the lower body without adverse effects such as increased blood pressure, while heart and head stay cool.

HealSpa's lower body far-infrared heat therapy allows in depth warming to occur safely and comfortably. This system increases blood flow to the whole body by 41%, enhancing both blood circulation and metabolism.



Conventional whole body thermal therapy warms the body from the head down causing an immediate and continual increase in pulse rate. HealSpa Lower Body Thermal Therapy allows pulse rate to remain steady preventing undue stress on the heart.



HealSpa LBTT improves blood flow throughout the body without raising blood pressure or experiencing a feeling of suffocation. Blood flow, cardiac output and metabolic rate increase while diastolic blood pressure stays relatively consistent for enhanced overall cardiovascular fitness.

## EFFECTIVE WEIGHT (FAT) LOSS

A study was done comparing the use of the HealSpa with a low-calorie diet (15 people) versus the use of a low-calorie diet only (15 people). The HealSpa with low-calorie diet group burned 7 times more body fat than the low-calorie only group.

	DAY 1	2 WEEKS	CHANGE	%
WITH HEALSPA	29.6	27.5	-2.1	7.1%
LOW CALORIE DIET ONLY	26.3	26.0	-0.3	1.1%



Before HealSpa Use



Changes During Continuous Use of HealSpa

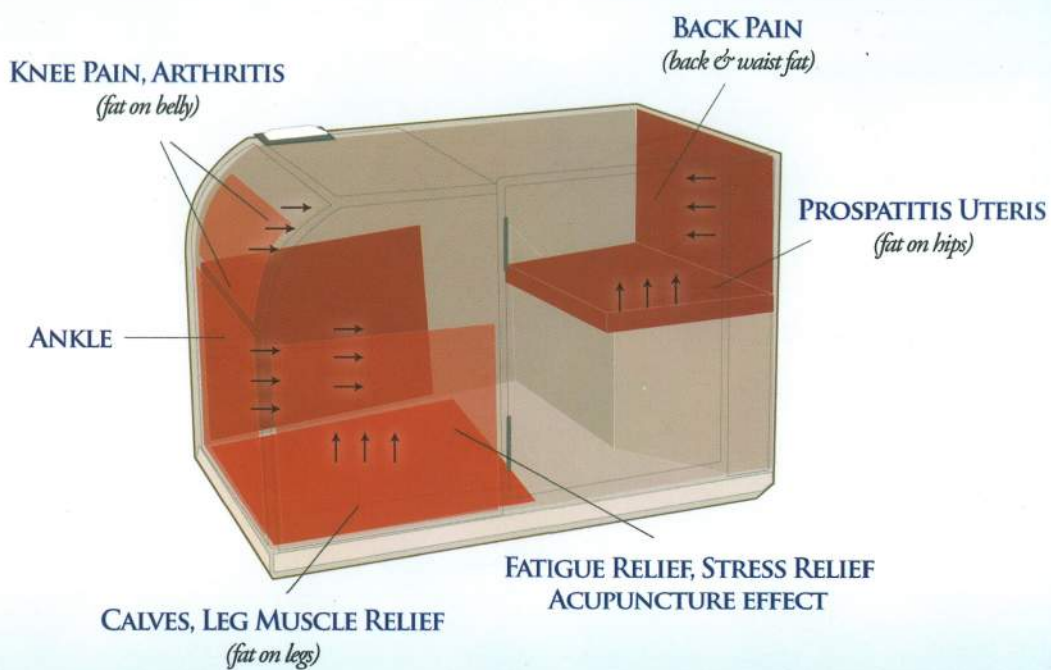


Maximum Result Attainable by HealSpa



## INSIDE HEALSPA

Healspa has a total of seven infrared heaters in various locations for maximum benefit.



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