

About PEMF & Far Infrared Therapies

**Please be certain to be well-hydrated before the session, and to drink plenty of water after for maximum benefits.*

How does it work? Heated gemstone therapy has been shown to aid in overall health and wellness. When heated, gemstones absorb regular heat and convert it into far-infrared rays that can penetrate muscles, tissues, and joints. This invisible form of light, commonly received from sunlight, is vital to human life. Unlike other forms of heat (heating pads, compresses, etc.) far infrared rays penetrate 4-6 inches into the body's tissues, for deeper, more effective results. These rays can temporarily increase circulation, and relieve minor muscle pain, stiffness, and tension, as well as joint pain associated with arthritis. As you rest atop the heated Amethyst, Obsidian and Tourmaline crystals, the warm stones gently stimulate pressure points to relieve tension, while releasing Negative Ions to guide the body along a path of detoxification of excess waste. Metaphysically speaking, Obsidian is said to enhance grounding, healing and protection, Tourmaline, which produces the largest quantity negative ions, is thought to also cleanse an overactive mind, while amethyst may enhance serenity and connection to higher chakras.

PEMFs (pulsed electromagnetic fields) bathe your cells in pure, raw energy. Each cell in your body acts as a battery, which holds a charge. Your entire body is electrical, and your cells each need a measurable electrical charge to function optimally. In order to maintain wellness, cells must be doing their jobs. PEMF supports the body's natural abilities to optimize balanced body functions, increases healthy circulation, and has been FDA approved to benefit chronic pain and inflammation, post-surgical healing, and depression. The 7.83 hz frequency is most comparable with your natural biorhythms, and that of the Earth, so the effects counteract harmful exposure to the electromagnetic smog all around us.

Who should NOT try this Session? As with any supplemental therapy, there are certain contraindications due to compromised immunity or other medical conditions.

These persons/conditions include:

Pregnant Women: Children under age 18: Varicose Veins: Open wounds or thin skin: Post bypass surgery: Those with a Pacemaker: Uncontrolled high blood pressure: Recent cardiac event: Conditions requiring use of muscle relaxers: Use of blood thinners such as Coumadin: Decreased skin integrity or temperature sensitivity

It is recommended you check with your health care provider first if you experience any chronic health conditions.