

Far Infrared Sauna

The body develops fever when ill to enhance metabolism and help kill germs.

Hyperthermia, for fever therapy, helps combat infections and even cancer. Heating of the tissue also enhances metabolic processes. Greater cellular energy production facilitates healing. Because viruses, tumors and toxin-laden cells are weaker than normal cells, they tolerate heat very poorly. Raising the body temperature causes infections to heal more rapidly.

Using the Far Infrared Sauna:

***enhances circulation and oxygenates body tissue;**

***Opens nasal passages and assists sinuses to drain;**

***Restores skin elimination of toxic chemicals and heavy metals.**

Saunas deeply cleanse and tone the skin, improving the complexion and elasticity. The deep internal warmth of far infrared heating induces muscle relaxation, reduces stress and promotes better sleep, all leading to an overall feeling of well-being.

~30 to 45 minutes = \$30.00

~60 to 75 minutes = \$55.00
packages available

Chi Machine

The Chi Machine blends the ancient arts with modern technology for a unique experience.

Health-Related Functions of the Chi

Stimulates Blood Circulation ~

Spinal Balancing ~ Improving the Immune

System ~ Stimulating the Sympathetic

Nervous System ~ Exercising Internal Organs
and Building Natural Chi

~individual session = \$1.00 per minute~

Lymphatic Decongestive Therapy (LDT)

Your lymphatic system is a vital circulatory system with an extensive network of vessels throughout the body. This system is your primary defense against bacteria, viruses and fungus. Blockages can occur from normal life stressors such as: illness, tight fitting clothing, lack of exercise, bumps and bruises, exposure to heavy metals, pesticides, herbicides, food allergies, surgery and of course STRESS. An impaired lymphatic system often results in: colds, flu, sinus problems, edema, water retention, heart disease, fibrocystic and tender breasts, cellulite, enlarged prostate, cancer and numerous other chronic or life threatening conditions.

Benefits of LDT

~Excellent adjunct to manual lymph drainage techniques to open lymph system and improve fluid flow and accelerate detoxification of tissues

~Reduction on pain due to lymphatic conditions

~Prevention of breast and prostate problems

~Pre and post athletic application to increase performance and decrease muscle and tendon strain

~Provides relaxation, emotional balance, feelings of well being and increased energy

~Cosmetic enhancement by reduction of fluid deposits in the face and healthier skin. It also supports all cellulite reduction therapies and post-procedures such as micro-dermabrasion.

This technology uses energy from electrically ionizing noble (rare) gases in a Pyrex tube. Even more beneficial is to add the Far Infrared Sauna after Lymphatic work is completed.

Who can not receive this treatment:

~Any person with a pacemaker

~Pregnant women

~Person with history of epileptic seizures

~Persons with known thrombosis, therapy may dislodge a blood clot.

Lymphatic Decongestive Therapy

~ 60 minutes = \$60.00 ~

Anti-Aging Face Rejuvenation

Use of powerful combined effects of the Lymphstar Pro, Cold Low Level Laser, Collagen and detoxification to lift, tone, reduce puffiness, improve texture, reduce fine lines and wrinkles, promote collagen and elastin production; effective for Acne, Rosacea, freckles, dark under eye circles and age spots with no injections.

~ 60 minutes = \$70.00 ~

Add-on: Hands

hands treated the same as your face

~ \$25.00 ~

Light Therapy for Sinus Problems

Open breathing passages

~ 30 minutes = \$30.00 ~

Interested in becoming a Lymphatic Decongestive Therapist?

See Audrey for details:

717~646~9777

717~729~0102

Lose Unwanted Pounds and Inches

Selah Spa now offers a program for weight loss that is based on Dr. Simeon's Manuscript.

Pounds & Inches

A NEW APPROACH TO OBESITY

BY: A.T.W. SIMEONS, M.D.

Learn about Food Combining, cleanses, and much more for a healthy body.

I also carries a line of supplements and herbs to aid you with your health needs.

Thank you for the opportunity to service your therapeutic and nutritional needs.
Audrey Hawk, B.S. from Internal Institute of Original Medicine

Interested in equipment to use in the privacy of your own home like a Chi Machine, Electro Reflex Energizer Machine (ERE), Lymphatic Machine, or a Hot House?

All can be order at Selah Spa.

You can visit the website

Chidvd.com/spa

For more information on Chi, ERE and Hot House Machines.

DISCLAIMER

We do not Diagnose, Prescribe or Treat anyone. Our goal is confined to the education and guidance of health and well being of our clients.