



THE URBAN SPA EXPERIENCE

HEALTH FACT SHEET

HEALTH BENEFITS OF ALTERNATING RADIANT HEAT AND INVIGORATING COLD

- ◆ Stimulates lymphatic flow
- ◆ Activates fluid circulation
- ◆ Stimulates the immune system
- ◆ Stimulates parasympathetic nervous system

INTERNAL EFFECTS

- ◆ Detoxification of the body
- ◆ Regeneration of tissue from burns and scars, both pre and post surgical
- ◆ Relief of chronic inflammation from conditions such as sinusitis, acne, eczema, and allergies
- ◆ Relief of chronic pain
- ◆ Deep relaxation to aid insomnia, depression, stress, loss of vitality, and loss of memory
- ◆ Antispastic actions to relieve conditions such as cramps and some forms of constipation
- ◆ Deep refreshing sleep
- ◆ Rehydration of body
- ◆ Overall sense of wellbeing

EXTERNAL EFFECTS

- ◆ Reduction of swelling
- ◆ Reduction of appearance of scars
- ◆ Clearing of skin conditions such as eczema and acne
- ◆ Possible weight loss
- ◆ Thermal tuning

Interviews may be arranged by calling (425) 451-4387.

Photographs available for download at <http://www.banya5.com/gallery/>