



ANEW YOU
mind body solutions

Be All You Are!

Australian Aromatic Essences

Formula for Life in a Bottle

Witness Personal Growth, Renewal and Transformation
in your Wellbeing, Relationships, Finances and Career

What's your formula?

Learn more about which complimentary Essence you would like to receive
with your Sauna Offer. We will have it ready for you at your first session to enjoy!

[Essence Testimonials](#)



[LifeForce Essence](#) - Uplift & Energise

[Sanctuary Essence](#) - Calm & Relax

Physiotherm Infrared Sauna

Detox your Mind & Body

Relax Rejuvenate Revitalize & Rebalance



[Sauna Testimonials](#)

The benefits of a Retreat without the Price Tag or Inconvenience!

Detoxifies safely and effectively - Resonant Absorption - flush out large amounts of toxins including unhealthy acids and heavy metals (eg lead and mercury) from subcutaneous fat storage. Accumulation of toxins in our environment and body is a major factor in developing lifestyle-related health issues such as overweight, heart disease and diabetes.



Burn up to 800 calories in one session - Fat Reduction - The light wavelength breakdown fats and as the body works to cool itself, there is an increase in heart rate, cardiac output and metabolic rate. Weight loss occurs because body fat becomes water soluble at 43 degrees Celsius and the body removes it through sweat. Often the inability to lose weight is associated with chemical toxicity. NASA concluded in the 1980s that infrared stimulation is the ideal way for astronauts to maintain cardiovascular conditioning during long space flights.

SPORTS – 30 minutes

Calories

Rowing (peak effort)

600



Marathon running

590



Tennis (fast game)

265



Golfing (without a cart)

150



INFRARED SAUNA

UP TO 800



Clear Cellulite - *Adipose tissue is the fat that stores toxins* - The infrared rays penetrate the body 4-6 cms, (3 times as deeply as a conventional sauna). It is significantly more effective in drawing toxins and breaking down hard to move cellulite. It is particularly effective in cellulite reduction when used in conjunction with a program that includes a healthy diet, pure drinking water and a bodywork therapy that assists the body's lymphatic system and elimination process such as (Bowen or Massage).



Improves Skin - *Cleanses and clears skin* - noticeable improvement in texture, complexion, softness and tone for glowing skin. By improving the body's capillary network and circulation, FAR infrared sauna has been shown to relieve acne, eczema, psoriasis, burns, lesions and cuts. FAR infrared rays support the cells' energy enabling cell function to enhance. It promotes a deep cleansing process that eliminates impurities from pores and removes dead skin cells resulting in softer, silkier and more radiant skin.



Balance moods and relieve stress - *Enjoy a sense of relaxation and revitalization* - as your body releases endorphins, "the happy hormone", into your system. In today's stressful lifestyle the autonomic nervous system is under a lot of strain which leads to high levels of ongoing stress which is one of the major causes of chronic disease. Endorphins can enhance the immune system relieving pain, reducing stress and delaying the aging process.

Combine Ancient Wisdom with Modern Science –

Nordic folks have used saunas since ancient times, when religious ceremonies demanded physical, mental and spiritual cleansing. It can be an excellent way to release tension, flush out toxins, improve skin and burn calories. People over the world have used saunas in the worship of the Body, Mind and Soul.

Science has proven that the 3000 years of tradition behind “Qi-Gong therapy and other alternative healing practices such as ‘laying-on hands’, acknowledge the body’s ability to emit FIR energy. The FIR micron energy output that humans emit is 8 to 12 microns and it has been said to improve body conditioning and wellbeing.

An Infrared Sauna can provide 7–14 microns frequency, which is very close to the resonant frequency of a water molecule; This is ideal because our bodies are 70-80% water. Your whole Being can bask and absorb in this complementary frequency supporting your health and wellbeing. Infrared rays are often called ‘vital rays’. **Doctors use infrared lamps and heaters to help in the treatment of skin disease, pain of sore muscles and it is also used in newborn babies’ cribs in hospitals.**

Sauna Testimonials



The difference between a Physiotherm Infrared Sauna and a Traditional Sauna?



Infrared light is part of the sun's invisible spectrum, separate to the skin-damaging ultraviolet light. It offers the known benefits of sweating while turning down the heat. The nourishing feeling of the warmth the body experiences is equivalent to your own body heat; it is completely healthy, safe and essential for all living things.



Traditional saunas heat the air with steam, promoting perspiration through high, often uncomfortable temperatures. The **sweat from a traditional sauna is 97% water**. With a **FAR Infrared sauna, up to 20% of sweat is made up of fats and toxins** being released from your body. Infrared sauna does not create a steamy heat, it actually penetrates the body to a depth of up to 4 cm, gently stimulating blood and body tissue, increasing circulation through accelerated cardio-output. This causes a deep sweat, often up to three times the amount experienced in a conventional sauna without the discomfort, humidity or extreme heat. Instead, you experience a more relaxed and safe sauna experience.



When Infrared rays are absorbed by living things, their temperature rises not the surrounding air. For example, a glass of water does not heat up in an infrared sauna. The experience is quite different to traditional saunas. The soothing radiant heat does not dry out the air or make you feel nauseous.

PLUS MORE BENEFITS -

Maximise massage, beauty treatments and all exercise regime results

Eases pain, comforts and relaxes tired aching bodies and reduces physical fatigue



Reduces inflammation and improves body condition



Promotes muscle relaxation, improves mobility and flexibility



Regulates sleep patterns and insomnia



Cardiovascular system – can aid in increasing heart rate and cardiac output



Immune System – strengthened by increasing the body's core temperature killing off harmful disease



Assists with supplying oxygen to the brain – which can improve poor concentration



Blood Pressure – can assist with high and low blood pressure problems



FREE Optional Extras to enhance your Sauna experience –

Sanctuary Synergy Oil Blend: A gift from nature to lift your Spirit! Inhale the exquisite aroma of this exclusive blend of pure essential oils specially formulated to assist you to unwind, relax and let go.

Divine Direction® Meditation CD and/or Ambient Music: Create your own heavenly haven. Calm your body, clear your mind, balance your emotions, and replenish your Spirit. Four different meditations to choose from for your personal healing journey; suitable for the beginner or experienced meditator.

Inner Insight Reading: – Gain insight into what you require for your wellbeing, stress and lifestyle management.

 **AUSTRALIAN Aromatic Essences: UNLOCK YOUR POTENTIAL...** Cutting edge self care DIY tools to assist you with your wellbeing, relationships, finance and career.

Chi Machine: Gentle, low impact passive exercise which circulates blood efficiently throughout the body; oxygen is then absorbed by your cells and the harmful toxins removed. **It is equivalent of the body oxygenating for up to a 90-minute walk.**

Generous Discounts and Personalised Mind Body Soul Detox Plans available - Choose from our many multi-faceted plans for your health, wellbeing and transformation to suit your budget and personal requirements. Feel free to discuss with us what you need so we can enhance your experience and improve the benefits unique to you. Ask about our **'Share with a Friend Plan'**. You can both **SAVE \$** while having the added advantage of motivating and supporting each other. **Gift vouchers** – A special gift for that special person.

BOOK NOW and take advantage of the savings!

SURREY HILLS - 0449 911 567- Jeannette
(Canterbury Road Nr Warrigal Road)

FRANKSTON - 03 9776 7096 - Mary & Julie
(Heatherhill Road)

Australian Aromatic Essences

Formula for Life in a Bottle

Witness Personal Growth, Renewal and Transformation
in your Wellbeing, Relationships, Finances and Career

What's your formula?

Learn more about which complimentary Essence you would like to receive
with your Sauna Offer. We will have it ready for you at your first session to enjoy!

Essence Testimonials



LifeForce Essence - Uplift & Energise

Sanctuary Essence - Calm & Relax

Disclaimer: The information contained in this brochure does not diagnose treat or cure disease and are not a substitute for medical treatment ©Christine M Long, Anew You Mind-Body Solutions 2009 - All rights reserved.

