

Hyperthermia Heat Therapy

What Is Hyperthermia (Heat Therapy)

MAAT Whole Body Hyperthermia (Heat Therapy) unites Infrared Heat Technology with time-tested traditional body wraps and therapeutic touch to effectively detox the body while supporting natural healing. We work hard to help you to get yourself back into balance both emotionally and physically so you can achieve your wellness goals.



How It Works

The idea behind Hyperthermia Heat Therapy is to heat your body directly with far infrared heat. In a traditional sauna you are just sitting in a hot room. However, Hyperthermia Infrared heat therapy is designed specifically to heat up your body's core. With the heat going directly to you, your body readily absorbs the infrared heat and immediately reacts to it. When your core temperature increases, your body's immediate response is to sweat profusely. And, because the water in our bodies also resonates well with far infrared heat, this process helps with detoxification at the cellular level.

Benefits to You

- **Detoxification & Weight Loss-** Sweating is the body's safe and natural way to heal & stay healthy. Far infrared heats the body directly temperature resulting in a deep, detoxifying sweat at the cellular level where toxins reside. The energy generated from Far Infrared Technology is similar to energy produced naturally by the body during exercise. As the body works to cool itself, there is a natural increase in heart rate, cardiac output and metabolic rate which causes the body to release toxins and burn calories more effectively.
- **Boosts Immune System-** Heat therapy within physiological limits can have many beneficial effects and will not produce any harm to normal cells that are able to cope with the higher metabolic demand. The rise in body temperature increases oxygen uptake and renders white blood cells more aggressive against bacteria, fungi or viruses. By making the cells more permeable, white blood cells are able to discharge into the bloodstream more aggressive substances against infectious organisms and this increases their phagocytic (destructive) capability.
- **Cellular Health & Cancer-** Human cancer cells or infected cells under specific metabolic conditions can be seriously challenged by hyperthermic stress and may even be killed by it. Added to this, scientific research has concluded that near infrared therapy greatly enhances the skin's healing

process by promoting faster cell regeneration and human tissue growth. Human cell growth increases to repair wounds and prevent infection.

- **Pain Management-** Infrared Heat Therapy stimulates the circulatory system and more fully oxygenate the body's cells. Better blood circulation means more toxins flow from the cells to the skin's surface to improve cellular health and helps to aid in muscle recovery. The heat penetrates tissue, joints, and muscles to relieve anything from minor aches and pains to chronic pain conditions such as fibromyalgia and arthritis.
- **Increased Circulation & Enhanced Cardiovascular System-** Infrared Heat Therapy induces a deep sweat to make the heart pump faster, which in turn increases blood flow, lowers blood pressure and helps circulation. Scientific evidence shows that using an Infrared Heat Therapy a couple times a week helps to lower blood pressure.
- **Deep Relaxation & Stress Management-** Infrared Heat Therapy is a gentle, soothing and therapeutic heat that promotes relaxation and improved sleep. The use of sound, essential oils and guided imagery to help you to relax while receiving an invigorating deep tissue sweat will leave you fully refreshed after each session.
- **Anti-Aging & Skin Purification-** The near infrared wavelength (sometimes referred to as Red Light Therapy) is the most effective wavelength for healing the epidermis and dermis layers of the skin. Near infrared treatments stimulate collagen production to reduce wrinkles and improve overall skin tone.

Our Treatments -Sessions Start as low as \$150

Each Heat Treatment is can be stand alone \$150 or it can be accompanied by a custom body treatment made specifically for your particular therapeutic needs. This includes a 30 minute massage. Whether looking for a cellular regenerating treatment, a detoxifying weight loss treatment or a specially formulate pain management and anti-inflammatory solution. We custom tailor our wraps suit your specific needs.

Hyper-Herbal Detox Body Treatment- Our Herbal Detox Body Treatment is a great way to jumpstart a healthier lifestyle! Relax...while you are warmly cocooned in a nutrient rich recipe that hydrates and detoxifies your body. A unique blend of magnesium, sea salt, baking soda, apple cider vinegar and ginger will help soothe and soften skin while remove excess toxins out of the body. It contains anti-inflammatory properties which help to relieve aches and pains while enhancing circulation.

\$100/ 60- min, \$150/ 90-min

Hyper-Pain Relief Body Treatment- This treatment contains natural pain relieving ingredients which help to soothe and give relief from tired aching muscles and joints. It also helps to remove excess fluids and toxins from the skin outwards. The thermal pain relieving treatment contains a

blend of aloe along with the essential oils of lavender and chamomile and can be used to soothe muscles due to tiredness or where there is fluid retention e.g. from knee and ankle areas.

\$100/ 60- min, \$150/ 90-min

Hyper-Weight loss Body Treatment- This treatment includes 3 types of seaweed and is designed to pull, tighten, soothe, contour the skin while removing toxins and impurities. It enhances the fat burning process in the cells and helps to keep the skin from sagging and wrinkling.

\$100/ 60- min, \$150/ 90-min