

Tucson Biological Wellness Now Offers Infrared Sauna Sessions

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Tucson Biological Wellness, based in Tucson, Arizona, has announced that they now offer infrared sauna sessions. The far infrared sauna offers a number of potential benefits. These include muscle pain relief, weight loss and increased metabolism, detoxification, immune system boost, relief for joint pain and stiffness, improved appearance of cellulite, improvement of skin, and reduction of stress and fatigue. They recommend 20 to 60 minute sessions at least twice a week to maximize potential benefits.

Dr. Jeanne Anne Krizman from Tucson Biological Wellness says, "In each infrared sauna session, the radiant heat from the Jacuzzi® infrared sauna surrounds you and penetrates deeply into your joints, muscles, and tissues increasing oxygen flow and circulation. It helps to remove impurities from your cells, specifically the cells inside our fat where our body stores waste and harmful toxins such as cholesterol and heavy metals."

In the infrared sauna room, far infrared heaters have been placed on the back wall, side walls, front wall and in the floor. These heaters have been appropriately positioned to ensure that the heat is concentrated over the person's whole body. A person's core body temperature can not be increased without heaters surrounding the entire body, thus maximizing sweat generation and detoxification.

When using the infrared sauna, people are advised to wear minimum clothing, such as a bathing suit. This is because the sweat will not be able to help a person cool down by evaporating on the skin if the skin is covered with clothes. Instead, a person will overheat in a relatively short period of time and lose the potential benefits of wiping away sweat that is laden with toxins. Furthermore, the toxins will not be sitting there in contact with the skin and may be reabsorbed.

Aside from the infrared sauna, Tucson Biological Wellness offers other kinds of therapy. These include Hocratt, red light therapy, and hyperbaric oxygen therapy. Hyperbaric medicine or hyperbaric oxygen therapy is the medical use of oxygen at higher than normal atmospheric pressure.

Hyperbaric oxygen therapy involves the intermittent treatment of the whole body with 100 percent oxygen with the pressure being double that of a normal atmospheric pressure. With this increase in pressure and oxygen, oxygen is dissolved in the blood plasma and in all of the body cells, fluids, and tissues at up to ten times their normal concentration. However, there are some risks and side effects of hyperbaric oxygen therapy that people need to be aware of. For instance, diabetic people may experience a reduction in their blood sugar during the treatment. Thus, they are advised to eat before entering the hyperbaric chamber and to monitor their blood sugar levels. Some people may also experience claustrophobia when inside the chamber.

Hocatt employs a combination of modalities, such as Transdermal Ozone therapy, carbonic acid therapy, far infrared therapy, and ultrasound therapy. Hocatt therapy may be able to provide a number of benefits, such as detoxifying the body at the cellular level, increasing energy, enhancement of blood circulation, and boosting of the immune system. Other potential benefits include stimulation of the immune system and speeding up of healing; inactivation of bacteria, viruses, fungi, yeast, protozoa, and parasites; oxidation of toxins, which facilitates their excretion; cleaning of the veins and arteries, resulting in improved circulation; reduction of inflammation; normalization of enzyme and hormone production; improvement in brain function and memory; reduction of pain and calming of nerves; activation of the immune system; dissolution of malignant tumors; and scavenging of free radicals.

Meanwhile, red light therapy is provided with the Platinum LED BIOMAX lights, which combine five different wavelengths of red and near-infrared light. There are a number of potential benefits such as hair regrowth, healing of superficial skin cancers, reduction of training fatigue, reduction of neuropathic pain, accelerated wound healing, increase in endorphins, and reduction of joint and muscle pain.

Those who are interested in trying an infrared sauna in Tucson can check out the Tucson Biological Wellness website or contact them on the telephone or through email. They are open from Monday to Friday, from 9:00 am to 5:00 pm.

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For more information about Tucson Biological Wellness, contact the company here: Tucson Biological Wellness Dr. Jeanne Anne Krizman (520) 900-1808 wellness@tucsonbio.com 1601 N Tucson Blvd Suite 37 Tucson, AZ 85716

Tucson Biological Wellness

Tucson Biological Wellness provides preventative and restorative therapies for Tucson residents. We offer IV therapies,

detoxification, pain management, hyperbaric oxygen, infrared sauna, HOCATT and red light therapy.

Website: <https://tucsonbiologicalwellness.com/>

Email: wellness@tucsonbio.com

Phone: (520) 900-1808

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