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THERMOSAUNA

It is a slimming procedure based on the sauna effect, which also allows localized slimming. It uses thermal blankets that produce a very intense perspiration and a very fast fat burning process.

A very important fact is that **Day Spa** is one of the few centers in Romania that use a thermal blanket with three separate, individually controlled rooms. This is extremely useful, as it allows working with different temperature intensities, adapted to every client's individual needs.



BENEFIC EFFECTS

This procedure causes an extremely fast fat burning, the fat tissue actually melting, which leads to a considerable inch loss. Thermo-therapy also significantly increases the cellular metabolism and the perspiration process. It is a procedure that produces visible results even after the first session, especially when it is combined with various body wrappings treatments such as: body wrappings with strongly reducing anti-cellulite creams or with sea mud and algae products, etc.

Some of the benefic effects are:

- cellulite elimination
- skin elasticity regaining
- lymphatic circulation improvement
- blood circulation regulation
- metabolic process activation
- body (re)shaping
- weight-loss
- detoxification



WARNINGS

Thermosauna is not recommended to:

- individuals with severe varicosity

For individuals with heart conditions, a lower temperature is indicated.



THE PROCEDURE

The first step: a peeling is performed on the areas that are to be treated, in order to eliminate dead cells and to stimulate the blood circulation. Then, the peeling cream is removed with a paper tissue or a dry towel.

The second step consist in applying the treatment chosen by the client (sea mud, anti-cellulite cream or cold paraffin), prescribed or recommended by the Day Spa specialists based on the individual needs and objectives.

Third step: the body is wrapped in osmotic film, then in a special plastic foil and the client is introduced in the thermal blanket.

In the fourth step the thermal blanket the foil and the osmotic film are removed and the client must shower.

The fifth step consists in applying a anti-cellulite cream with thermal effect. After applying it, the client must not take a shower or a bath for at least 2 hours.

Session duration: 45 minutes plus preparation and shower

IMPORTANT NOTICES

- The Day Spa packages take into consideration the necessity of working locally, only on the specific areas that need working, that is why the body wrappings may be effectuated on two areas (abdomen, waist, bottom, thighs) or on three areas (abdomen, waist, bottom, thighs and legs, but they can also include the arms - consequently the whole body).
- Prior to the procedure: coffee is not recommended! Drinking still mineral water is of great help!
- After the thermal blanket is removed, the client must keep lying down for a few minutes, to allow the body to reach its normal temperature.
- No water or other liquids are allowed for at least one hour after the procedure.

TYPES OF BODY WRAPPINGS IN THERMOSAUNA



BODY WRAPPINGS WITH ANTI-CELLULITE EXUDATION CREAM

The active effect of the cream consists in stimulating the venous and lymphatic circulation, as well as in improving the skin elasticity. Due to the thermal action, the active ingredients penetrate on a profound level, the results thus being greatly intensified.

The fat cells layer is liberated due to the stimulation of the blood circulation (it is well known that one of the most common causes of cellulite is the defective circulation), the cellulite nodules being virtually "melted", the skin regaining its smooth and uniform aspect (the "orange peel" aspect is diminished and finally eliminated).

Important notice: the cream should be applied in a thin layer, without leaving a visible "mask" on the skin, in order for the osmotic film to be properly positioned.



BODY WRAPPINGS WITH SEA MUD

Cellulite, accumulation of fat deposits, demineralization, lack of skin tonicity and elasticity, water retention, fatigue, muscular pain. These are only a few of the problems you can solve with sea mud body wrappings. Sea mud and thermo sauna mutually enhance their benefic effects, producing an intense perspiration process, thus the patient eliminating all toxins and - very important in anti-cellulite treatments - all the water accumulated in the fat tissue. The active ingredients work from inside to the surface of the skin, unlike cosmetic creams and gels intended for personal use, which only have superficial action.

IMPORTANT NOTICES the sea mud must be applied in a thin layer in order to allow the osmotic film to stay properly in place during the session.



ANTI-CELLULITE EXUDATION TREATMENT WITH COLD PARAFFIN

This anti-cellulite treatment is based on exudation (perspiration), which allows fluids and toxins elimination. During the procedure the fat deposits mobilization takes place, thus the congestive adipose tissue being unblocked and blood circulation being activated. The role of the peeling procedure is to unveil a new, clean, rejuvenated skin. Blood circulation is activated and the pores open, therefore the absorption of active ingredients of the products to be applied is greatly facilitated. The thermo-active cream, applied on the areas to be treated, activate circulation, producing the blood-vessel dilatation by raising body temperature. The cold paraffin is applied next. It forms a thin film that covers all the treated area, thus causing abundant perspiration, the film preventing the thermal transfer from inside the body to outside to take place.

From the first session the results are starting to show: the skin condition is visibly improved. The cellulite disappears session after session. After the recommended number of sessions, performed at the recommended frequency, the expected results are: the cellulite is diminished and even eliminated, the body looks well-shaped and firm, the skin is lifted and smoothened, the fat tissue deposits are reduced, blood circulation is improved, the swollen feet sensation disappears.