Spa Capsule a mini spa (steam, infrared sauna, Vichy shower)

Infrared sauna
The infrared heat is a form of radiant energy into the space. She is
a form of energy that penetrate into the skin, thanks to its specific
wavelength. It has nothing to do with ultraviolet light from which
to get a tan and damage your skin. The heat from the infrared sauna is dry. It
penetrates into the human body to a depth of 2 to 10 mm. Skin, connective tissue
and subcutaneous fat, muscles, tendons are the bodies first
heating under the influence of infrared light. The skinis cleansed and
toxins are eliminated.
Saunas use two forms of warming. Traditional steam sauna use
hot humid air to warm your body. Infrared sauna use
infrared rays that warm the body directly, so your breathing is not
hampered by high humidity or steam. Traditional saunas using high
80 temperature of 110 ºC, it difficult breathing.
The gentle warmth penetrates through the skin into the body, generating immediate
elimination of fatigue and stress. Infrared sauna stimulates healthy
sweating the body when the body is released from harmful poisons
toxins, metals (particularly zinc, lead, nickel, cadmium, etc.). From the cells was discarded
and
accumulated cholesterol. Simultaneously with the release of harmful substances through the
pores,remove from the skin and dead cells.
Infrared sauna reduces pain and muscle tension, as
expanding pores it acts on microcirculation and expand
peripheral blood vessels. Increased blood circulation delivers blood to
sore muscles, which accelerates the natural healing processes in the body.
Infrared sauna and also strengthens the cardiovascular system. While body
cooled evaporating moisture from the surface other processes inside it also
reduce global warming as much as possible hurry. Hurry up and the heart beats more
fast, faster then pump blood through the dilated blood vessels
thereby exercising the physiological benefits of continuous operation, giving you
the same benefits, as well as the exercises kardiofitnes.
Infrared sauna burns calories and helps weight loss. Our body consumes
energy to produce sweat (about 1 gram of sweat burned 0.586 kcal), one can distinguish
sweat to 1000 in the infrared sauna, which is tantamount to running 1015 km. While
water loss can be regained by rehydration, the lost calories
can not be recovered. This involves much value to those who can not or do not
They want to do exercise and want to lose weight effectively.
Comparative table Calories burned per 68 kg per person for 30 minutes.
SPORT burned CALORIES
Rowing 600

Running 590
Swimming
Kroll 300
Tennis 265
Cycling 225
Golf 150
Walk 150
IR sauna 600 1000
The infrared sauna can be combined with a steam sauna. Purification of the
body of harmful substances, toxins and metals infrared sauna several times
higher in the comparison with the traditional sauna. penetrating infrared
stimulate the process of lipolysis in fat cells.
Steam sauna
The effects of the steam sauna on the human body are remarkable. Steam
The biggest body cleanses the skin in the human body. Eliminates toxins and
while improving skin texture, elasticity and its tone.
Steam sauna increases the permeability of the skin to different remineralizes
Therapies (Throughout the algae mask for example). Accelerates the flow of chemical
processes in the body. While the pores open, millions of glands begin to secrete and
release accumulated toxins in the body and slag, through sweat. Sweat contains almost
the same constituents as urine and the skin is sometimes referred to as the third kidney.
It is estimated that more than 30% of toxins accumulated in the body are separated by way of
perspiration. Improves blood circulation to all parts of the body
especially to the skin, the metabolism is stimulated. Increased metabolism helps
burning calories.

Vichy Shower
Incredible way to relax after heavy process of sweating in the sauna.
While lying relaxed on the desk, delicate wisps with warmed water massage your body