

Ozone Sauna

What Is An Ozone Sauna?

Transdermal ozone is a method using the steam sauna with ozone to allow the steam to surround the body and ozone can be introduced through the skin. Humid heat opens the pores, which allows the ozone through the skin to the bloodstream, where it can travel to the fat and lymph tissue. It is very important to cleanse the lymph tissue of toxins, and the ozone/steam sauna is the easiest and best way to accomplish this.

The sauna increases the eliminative, detoxifying and cleansing capacity of the skin by stimulation of the sweat glands, and it also promotes healthy skin tone and texture due to increased blood circulation.

The combined action of moist heat and ozone cleanse the lymphatic system, which carries 90% of the body's fluids. Ozone brings oxygen to the tissues for enhanced health and vitality. The combination of steam and ozone is a natural, effective way to promote a refreshing sense of well-being.

The patient sits in an ozone-resistant steam cabinet of 95-105 degrees F, with the head out and the body surrounded by warm steam. Before getting into the sauna, wrap a towel around the neck to seal the open area around the neck.

After the sauna, be sure to drink lots of water.

Benefits of Ozone Sauna:

- Relaxes and loosens muscles by reducing the buildup of lactic acid and increasing muscle flexibility.
- Oxidizes toxins so they can be eliminated through the skin, lungs, kidneys and colon.
- Boosts blood circulation, helping injured muscles to repair quicker.
- Stimulates vasodilatation of peripheral blood vessels relieving pain and speeding the healing process.
- Eliminates bacterial and viral infections of all kinds.
- Speeds up the metabolic processes of the inner organs and endocrine glands resulting in a loss of 400-600 calories in a 20 minute session.



Ozone Sauna (continued)

How To Prepare/After-Care:

- Ensure you are well hydrated before and continue to drink lots of water post treatment to avoid dehydration.
- Consume an electrolyte supplement to help replace those lost during treatment (NOT Gatorade/Powerade).
- Allow yourself to rest post treatment- do not push yourself.

Treatment Outcomes:

- Clear skin issues (psoriasis, candida/yeast, eczema)
- Metabolic Support (weight regulation)
- Increase energy and immune system
- Detoxify chemotherapy drugs or other stubborn toxic chemicals in body

Treatment Frequency:

- 3x /week for 20-30 minutes per session.
- Intense treatments: 4-5x /week for 20-30 minutes per session.
- weekly or monthly maintenance
- Patients with heart conditions or stroke: limit the duration to 5-10 minutes for the first few sessions, increasing to 10, 15, 20, 25 and then 30 minutes, as the body adjusts to the thermal stress.

Side Effects

After consistent treatment your body will likely produce the “healing crisis”, which can feel like having the flu temporarily. It is also common to have skin rashes as the toxins are pushed out through the skin so rapidly. If the rash is itchy it can be alleviated by using colloidal silver water and taking protease (digestive) enzymes. These should be seen as beneficial signs of healing. After the healing reactions have subsided there is an overall feeling of optimum health.

