

What is Ozone?

Ozone (O₃) is an activated, trivalent form of the oxygen gas we breathe every day. All our cells need a continuous supply of oxygen to fuel the chemical reactions that generate energy, detoxify internal and externally derived waste products and to maintain production of structural cell components. Any decrease in the availability of oxygen due to shallow breathing, poor posture, deoxygenated water, no exercise, refined foods, smoking, environmental pollution, or exposure to carbon monoxide reduces the optimal performance of our essential cellular functions.



What is ozone sauna therapy?

During an ozone sauna session, the patient is seated with all but their head encased in a heated sauna cabinet. Ozone gas is introduced to the interior of the cabinet, which is assumed to interact with the heated wet skin of the human body to create beneficial peroxides and lipid oxidation by-products. Observational data appears to show that ozone sauna therapy can have profound systemic therapeutical results, including but not limited to anti-inflammatory and immune boosting effects.

Benefits of Ozone Sauna Therapy

- Dramatically increase oxygenation of the tissues and cells
- Burn 400-600 calories per session
- Stimulate the immune system
- Increase the white blood cell count
- Increase circulation, oxygen and nutrient delivery within the body
- Increase the distensibility of the red blood cells so they can squeeze through your tiny blood vessels and into the tissues
- Boost cellular mediated immunity (part of the immune system)
- Increase 2,3-DPG: Responsible for the blood's ability to release oxygen in the tissues
- Increase tumor necrosis factor by up to 500 times
- Purge the body of accumulated toxins such as pesticides, PCBs, drug residues, and acidic wastes
- Produce Interleukin II and Gamma interferon (anti-cancer substances)

Ozone Sauna Therapy is a natural, effective way to detox the body and promote overall health and wellness! The warm heat increases the cleansing capacity of the skin via the sweat glands and opens the pores to grant the ozone entrance to the body. Once absorbed, the ozone enters the lymphatic system, which carries 90% of the body's fluids, and eliminates toxins from the lymph fluid. This relieves the liver from the difficult task of processing these toxins by itself.

Throughout history, men and women have used steam to purify the skin, soothe sore muscles, boost circulation, and to simply relax. Ozone also brings oxygen to the tissues for enhanced health and vitality.

What is ozone sauna therapy used for?

Ozone saunas are used for a wide array of conditions. Ozone therapy, in general, works through its potent anti-inflammatory and immune system boosting effect, and the same is true for ozone sauna therapy.

Ozone sauna therapy can be used for:

- Joint pain
- Multiple Sclerosis
- Brain inflammation, encephalitis
- As an alternative cancer treatment
- As a complementary treatment to reduce side-effects of chemotherapy
- Lyme disease
- Rheumatoid arthritis
- Auto-immune disorders
- Lupus
- Eczema
- Injuries
- Chronic viral diseases like EBV, hepatitis B and C
- Bacterial infections
- Fungal infections
- Skin ulcers (diabetic, infectious, necrotic)
- Allergies
- Influenza, Common Cold
- Lyme disease
- Chronic Fatigue Syndrome
- Fibromyalgia
- Vascular pathologies like hind limb ischemia, Buerger disease
- Diabetes
- Scleroderma with Raynaud's disorder

- Asthma
- and more ...

Because of the powerful results which can be achieved with ozone saunas, they can also be used as a substitute or alternative for intravenous treatments.

What are the side effects of ozone sauna therapy?

Ozone saunas are one of the safest treatments in the alternative health field: They're non-invasive, meaning that the skin is never punctured, and consequently there are no heightened hygienic precautions necessary.

The reported side effects are usually minor, transient, and can be easily remedied by discontinuing the saunas. The most common side effect is an itchy rash that looks like small red pimples. It can occur on the abdomen, chest or back, or on the limbs. It's assumed that the rash is caused by toxins or oxalates being expelled through the skin. The itch can be extreme to the point of not allowing you to sleep at night. A reduction of the ozone concentration or frequency of administration usually reduces the itchiness. In extreme cases, it may be necessary to discontinue the saunas completely and proceed after the disappearance of the rash.

Saunas of any kind, ozone or otherwise, should not be performed by pregnant women, people with high blood pressure, and those with a high risk for a stroke. Ozone therapy of any kind should also be avoided by people with transplanted organs or by those who suffer from hyperthyroidism.

Things you want to know about Steam Sauna Ozone

What do I need to know before I come in for an Ozone session?

Drink plenty of water before and after your ozone session. Try not to wear any body lotion, perfume, or deodorant on the day of your treatment. Some clients like to loofah before to ensure that their pores are as open as possible for ultimate elimination.

What do I need to wear in the steam sauna?

We recommend sitting completely naked. We provide a towel to sit on and you are completely concealed by the cabinet. If you would like to wear underwear or a swimsuit while in the capsule, that's fine. Please bring clean underwear, as well as loose-fitting clothes to wear after your treatment, as some people continue to sweat for up to 20 minutes post-treatment.

Is there an age restriction for Ozone Sauna Therapy?

Yes, you must be 12 years of age or older. Any persons between 12 and 17 must have parental consent and the parent must come in and sign the liability form before the minor partakes in any of our services.

How often should one use the Ozone Sauna?

We recommend coming twice a week to see good results. However, the Ozone sauna can be used every second day once you're completely comfortable. If someone is on a detox or weight loss program it is important to come in often, as this allows your oxygen levels to increase and kick start the metabolic process. Secondly, undergoing more frequent treatments allows the body to start dumping years of accumulated toxins safely and easily without putting added strain on the liver and kidneys.

How long is each treatment?

The ozone treatment is 20-30 minutes long, or about 50 minutes total including dressing and undressing.

Can I use ozone to detoxify?

Yes! Many health problems start with toxins suffocating cells, preventing your cells from producing energy and absorbing nutrients. If more of us used ozone to detoxify, there would be far less illness around.

Should I be on a special diet when I receive ozone therapy?

It is very useful for the success and efficiency of ozone therapy to have a healthy diet. This way, part of the ozone administered doesn't need to be wasted dealing with unwanted substances from incorrect eating. So yes, if "special diet" means a healthy, well-balanced diet including adequate hydration.

How well has ozone been tested?

Ozone has been used in medicine since the 1950's. Thousands of research studies have been published and millions of treatments have been given with no deleterious side effects.