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## Happy New Year!



This year, two exciting new healing modalities are available at Resilience to support you in being your healthiest.

### Far-Infrared (FIR) and Negative Ion Therapies

To enhance the healing effects of the Reiki energy you receive at Resilience, all sessions are now offered on a **full body far-infrared (FIR) heat mat** which also **emits beneficial negative ions**.

If you suffer from aches and pains, are plagued by headaches or chronic illnesses, or frequently experience fatigue, depressed mood, stress or anxiety, then these new adjunct therapies will especially benefit you!





## About Far-Infrared (FIR) Therapy

Far-infrared energy is essentially the **same kind of rejuvenating heat you experience in sunlight but without the harmful UV rays.**

FIR has been called **nature's pain reliever** in that it can help alleviate all types of musculoskeletal discomfort including arthritis pain, muscle spasms and stiffness, back pain, joint aches and muscle tenderness.

Because FIR heat energy from this mat penetrates up to six inches below the surface of the skin, it is far more effective in relieving pain than heat from traditional heating pads. And due to its unique construction, it operates without harmful electric and magnetic field (EMF) radiation associated with conventional electrical devices.

Far-infrared energy **may also assist with detoxification.** It can help reduce water retention and eliminate metals and carcinogens from our bodies. As a result, people often experience a reduction in fatigue and an improvement in focus and energy after FIR therapy.



## About Negative Ion Therapy

Commonly found in nature, negative ions are simply oxygen atoms charged with an extra electron. **Negative ions have been scientifically linked to health and wellness** but getting them in sufficient quantities is not always easy.

Negative ions are generated most frequently around bodies of water when the water is exposed to heat (for example, sunlight or lightning), and at lower levels by other sources such as crystals.

Unfortunately many of us live in conditions where unhealthy positive ions are far more prevalent.

**Positive ions, produced by appliances and electronics, tend to promote the proliferation of airborne toxins and allergens.**

These can lead to an increased frequency of illnesses, chronic headaches as well as moodiness and lack of energy.

In addition to producing FIR, the crushed tourmaline and jade crystals embedded in this mat naturally emit negative ions. When these crystals are heated within the mat, they become activated and produce exponentially more negative ions.

**Negative ion therapy counteracts the harmful effects of our positive ion saturated modern environment** thus supporting our physical health, boosting our energy and improving mood. This therapy has even been associated with the suppression of symptoms related to Seasonal Affective Disorder or SAD.

Experience what these therapies can do for you!

[Schedule a Session](#)



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