

What is Stone Spa?

All about Stone Spa or Ganbanyoku in Japanese



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What is Stone Spa (Ganbanyoku in Japanese)?

Stone Spa (Ganbanyoku In Japanese) or rock bathing - uses a special stone to heat your body from the inside out.

These magma stones are unique in that they naturally release far infrared rays and negative ions to help the body perspire and "detoxify."



Unlike regular saunas, our stones are kept between 42° to 44° C with the humidity at about 62 to 65%, providing a comfortable temperature that is both safe and enjoyable for people of all ages.

Although the spa goer will perspire more than they do in a sauna or steam bath, there is no odour, saltiness or stickiness. It is not recommended to shower for at least two hours after the treatment since the sweat acts as a natural coating for the skin resulting in silky hair and smooth skin. Stone bed heats through your body evenly and gently unlike sauna, which heat your body from outside skin.

The Stone Spa - Ganbanyoku experience is totally chemical free and offers a “green” alternative to detoxifying the body.

It relieves stress and leaves the entire body warm for a couple of hours. The process is like bathing but without the water that is STONE SPA.



Various Features of Stone Spa

Far Infrared Rays

Far infrared rays are released from the magma stone beds. These are invisible rays of natural sunlight that have the longest wavelength.

They are commonly known as "Growth Rays" and have the ability to penetrate deeply (up to 1.5 inches) into the hypodermic layer of a person's skin and into the joints and muscles.

They gently elevate the body's surface temperature and activate major bodily functions.



Benefits of Far Infrared Heat Therapy include:

Burns Calories and controls weight

Anti-Aging

Strengthens the Immune and Cardiovascular Systems

Provides pain relief

Detoxification of harmful metals from the body

Negative Ions

Negative Ions are also released from the magma stone beds and are commonly found around the vicinity of forests, coastal areas, and waterfalls with high levels of clean air.

Benefits of Negative Ions include:

Counteracts negative effects of environmental pollution and helps prevent respiratory-related illnesses:

Negative Ions increase the flow of oxygen to the brain; resulting in higher alertness, decreased drowsiness, and more mental energy

Natural anti-depressant:

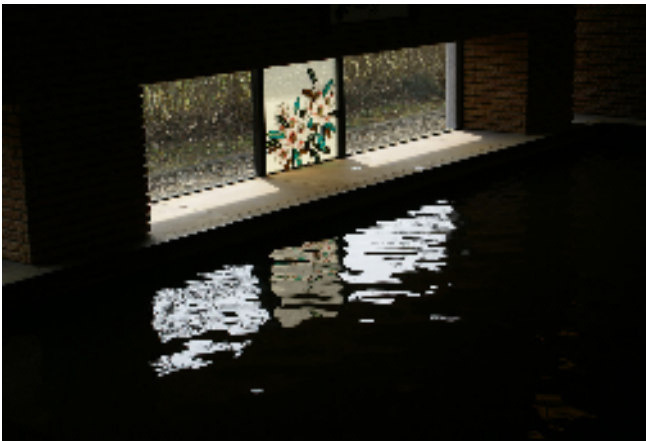
A higher level of negative ions has been proven to be as effective against SAD (Seasonal Affective Depression) as antidepressants, such as Prozac and Zoloft, and without the side effects

Strengthens the immune system:

High levels of negative ions promote production of globulin in the blood, resulting in stronger resistance to illness.

Stimulating Natural Metabolism and Weight Control

As you relax in the gentle heat, your body is actually hard at work without notice producing sweat, pumping blood, and burning calories. According to The Journal of the American Medical Association, "in a single Far Infrared session you may burn as many calories as you would rowing or jogging for 30 minutes". Saunas have traditionally been used by European beauticians to help eliminate cellulite. **Since the radiant heat from the Far**



Infrared Stone beds warms three times as deeply as conventional saunas, it is significantly more effective at reducing cellulite without sauna's unbearable heat.

Weight loss occurs because body fat becomes water soluble at 100 degrees Fahrenheit and the body can sweat out fats, toxins, and heavy metal that it otherwise can't dispose of.

Most people who have attempted weight loss by many diets without success, will be pleased with their results from the FIR(Far-Infra-Red) treatments. Often times, the inability to lose weight is associated with chemical toxicity.

People can burn approximately 600 to 2,400 calories in a 60 minute treatment which is equal to the energy expended in a 6 to 9 mile run. This is excellent for people who don't exercise yet want an effective weight control and fitness maintenance program.

Negative ions, which are emitted from the bedrock, cause a surface activation effect that makes water clusters smaller. The infrared rays also emitted from the bedrock create a vibration like effect which helps to keep water clusters small and helps with causing good quality sweat to be released.

Rock Bathing treatments utilize this small water cluster effect in order to get more oxygen running through your blood. This increased oxygen helps your body's organs to activate your metabolism that helps you achieve weight loss.

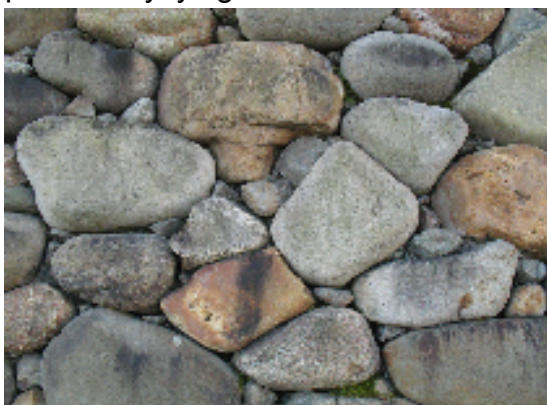
Furthermore, when the body is heated up by a degree or so, it stimulates the autonomic nervous systems and immune system which activates hormone production.

Our treatment's ability to produce sebum from the sebaceous glands is what makes the skin so soft.



Beautification & Anti-Aging Effect

Our lava stone spa treatment increases the body's core temperature, which results in overall health improvements, rejuvenation, relaxation and deeper sleep. These attributes are all related to the enhancement of beauty for most people. Our treatments can help you achieve and improve overall beauty by detoxification of your skin through the perspiration process by lying on stone bed.



The sebum that is produced from the sebaceous gland supplies a natural coating for the skin and hair – making them both smooth and silky.

It is recommended not to take shower within two hours after the treatment to gain the most benefits to the skin and hair.

Also, profuse sweating carries off deeply imbedded impurities and dead skin cells, leaving the skin glowing and immaculately clean.

This is excellent for clearing psoriasis, eczema and acne.

Increased circulation draws the skin's own natural nutrients to the surface. It improves tone, elasticity and texture of the skin.

While you improve the surface of your body, your body also promotes rebuilding of injured tissue by having a positive effect on the fibroblasts (connective tissue cells necessary for the repair of injury).

Furthermore, it increases growth of cells, DNA syntheses, and protein synthesis all necessary during tissue repair and regeneration. This is known to be good for healing burns, scar tissue and skin problems.



This detoxification and rejuvenation of skins cells is what leads to the natural "glow" of the skin and the appearance of beauty.



Of course if you prefer to have shower, **Bliss Stone Spa** has a shower booth equipped with **Shiseido** body soap and shampoo.

Sickness Prevention

It has been established that coldness is the starting point for most diseases. When your body core gets cold, your body accumulates or holds fat and water which leads to poor blood circulation.

As your body temperature decreases, so does your metabolism rate and immune system which makes you more susceptible to catching all kinds of colds and illnesses.



Magma stone rock-bathing treatments help increase your body's temperature throughout by first heating up your body core and can help prevent you from catching unwanted colds and other sicknesses.

Counteracts negative effects of Environmental Pollution and helps prevent respiratory-related illnesses:

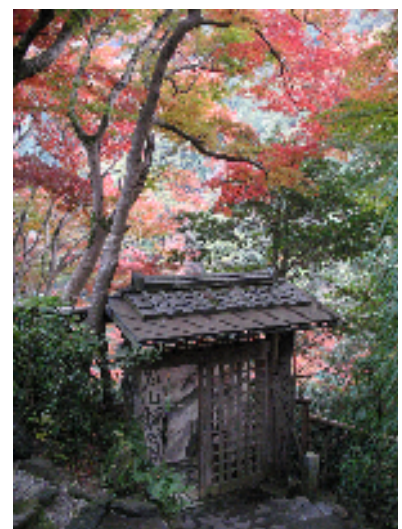
Today, modern homes and offices seal out negative ions. Computer terminals, fluorescent lighting, forced air ventilation systems and modern building materials generate an over abundance of positive ions. Positive ions make us feel tired, depressed and irritable. A room charged with negative ions was shown to stem bacteria growth and precipitate many airborne contaminants including pollen, dust and dust mites, viruses,

second-hand cigarette smoke, animal dander, odors and toxic chemical fumes.

It is therefore crucial that we strike a balance by enhancing our bodies with negative ions.

Increase the flow of oxygen to the brain: Negative ions result in higher alertness, decreased drowsiness, and more mental energy," says Pierce J. Howard, PhD, author of *The Owners Manual for the Brain: Everyday Applications from Mind Brain Research* and director of research at the Center of Applied Cognitive Sciences in Charlotte, N.C. By promoting abundant oxygen levels in the blood, negative ions help normalize brain function, resulting in relaxation and calmness.

Natural Anti-Depressant: A higher level of negative ions has been proven to be as effective against SAD (Seasonal Affective Depression) as antidepressants, such as Prozac and Zolof, and without the side effects.



Strengthens the Immune and Cardiovascular Systems

- Stimulates increased production of white blood cells (leukocytes) by the bone marrow and killer T-cells by the thymus.
- Relieves nervous tension and relaxes autoneuro muscles thereby helping the body make the most of its intended healing abilities. Far Infrared Rays reduces soreness on nerve endings and muscle spasms, as muscle fibres are heated.
- Promotes the killing of many pathogenic (disease causing) bacteria, viruses, fungi and parasites.
- High Levels of negative ions promote production of globulin in the blood, resulting in stronger resistance to illness.



Greater immunity makes you stronger at fighting off viruses, bacteria and other infections.

If you feel the early signs of a cold coming on, come in for a Magma rock bathing treatment to help rev up your immune system. This will reduce your number of sick days. Greater immunity means greater health and a better quality of life.

Cardiovascular System is strengthened by causing heart rate and cardiac output increase, and diastolic blood pressure decrease - Extensive research by NASA in the early 1980's led to the conclusion that far infrared stimulation of cardiovascular function would be the ideal way to maintain cardiovascular conditioning in American astronauts during long space flight.



Pain Relief

The deep heat of Far Infrared therapy helps peripheral blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries. In Europe, radiant heat therapy is widely used to treat patients suffering from many forms of arthritis.

It has proven effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other musculoskeletal ailments.



For athletes who push their body's to the limit, creating lactic acid build-up, which often results in stiffness and pain, the Infrared Rays offers sweet relief as it gently metabolizes and disperses the lactic acid. Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen-depleted muscles so they recover faster. Muscles relax most readily when tissues are warm, promoting greater flexibility and range of

motion. Much of the stiffness, aches and soreness that come with aging will be reduced.

Detoxification

Lava Magma rock-bathing promotes perspiration. There are actually two ways that you can perspire and the quality in the sweat is very different.



One type of sweat includes the loss of good nutrients like sodium and magnesium. This type of sweat is usually oily, salty and smelly and is caused by a sudden rise in body temperature (i.e. from hot sauce or sports).

The other way to perspire is through Bliss Stone Spa – Ganbanyoku. The body temperature rises slowly from the inside of your body. Your body will “be ready” to perspire good quality sweat that does not contain minerals essential to the body but gets rid of toxins in your system.

Essentially, the body eliminates a large fraction of accumulated toxins naturally by sweating. Far-Infrared heat therapy stimulates the sweat glands which cleanse and detoxify the skin as it heats the tissues several inches deep.

This promotes elimination of fats, chemicals and toxins from the blood: Poisons,

carcinogenic heavy metals - toxic substances from food processing - lactic acid, free fatty acids, and subcutaneous fat associated with aging and fatigue - excess sodium associated with hypertension - and uric acid which causes pain.



Since the sebaceous glands are activated, accumulated cosmetics in pores can be eliminated through the skin (sweat and oil glands) rather than by the kidneys. Sebum, from the sebaceous glands, detoxifies harmful metals such as mercury, lead, and cadmium. Such metals are usually attached to body fat which makes them into unhealthy "non-burnable" fat as even high metabolism rates will not get rid of these contaminated fat deposits.

However by sweating from far infrared rays and negative ions, these heavy metals detach from fat cells and through your rock-bathing treatments, you will rid your body of these toxins while also allowing your body to naturally burn away body fat.

Scientists in Japan report that Far Infrared heat expands the capillaries and then initiates the start of a process to dissolve hidden toxins. Researchers have discovered that the use



of the Far Infrared spectrum was most effective in the removal of a vast amount of toxins via the skin, thereby relieving a heavy load on the kidneys and limiting the use of oral or intravenous chelating agents.

Far Infrared Ray therapy is thought to be 7 times more effective at detoxifying heavy metals such as mercury, aluminum, cholesterol, nicotine, alcohol, ammonia, sulfuric acid and other environmental toxins, as opposed to conventional saunas. Mercury is the most toxic element on earth, second only to plutonium.

The flushing of toxins from the lymph areas and from the largest organ of elimination, the skin, is the source of many health improvements. Toxemia has been targeted as the number one reason so many of us are ill.

With the elimination of these poisons from deep within the body, the organs can then do their job unhindered.

Etiquette

- You will be provided a locker and key to store your belongings upon arrival. Please be advised to leave your valuables at home as the spa cannot assume responsibility for lost or misplaced items.
- For the comfort of others, please refrain from using your cell phone or talking in the treatment room. Your cooperation in providing a tranquil environment is greatly appreciated.
- If you arrive late for an appointment, your treatment time may be shortened.
- To cancel your individual appointment we request 24 hours notice so as to avoid any penalties or fees. If the appropriate notice is not provided, full charges may apply.



What to Expect at Bliss Stone Spa - Ganbanyoku

Before entering into stone room

Each of our guests are provided with the following:

- = A key to the locker where you store your clothing and belongings (please leave your valuables at home).
- = A comfortable sport uniform outfit with Bliss Stone Spa logo – uniform's material prevent your sweat staying between your skin and uniform.
- = A bottle of 500ml New Zealand spring water
- = A disposable underwear
- = A bath towel and a hand towel



Change into your Bliss Stone Spa wear, lock your belongings in the locker and then enter the spa room with your water bottle.

At the end of your treatment, we will provide a hour and a half free car parking at Crowne Plaza car park.

In the stone room



Lay down on the towel which is laid down for you, for approximately 10-15 minutes at a time, and then enter the relaxation room for 5 minutes. This can be repeated 2 times to make up the 45 minutes session which including shower if you wish.



While on the stone bed, try lay on your stomach for 5-10 minutes, and then on your back (feet flat on the bed or legs stretched out). After a 5 minute cool down break, you can lay on each side for 5-10 minutes each and then on your back or stomach again (whichever is most comfortable). If you have any joint pain, you should try to place the sore area of your body on the stone. The heat will go directly to the pain and provide relief.



You will sweat profusely! However it will not be a sticky sweat, like regular perspiration; it will be more like sweating water (as well as the toxins from your body). Because of this, Please remember to keep yourself hydrated during the treatment. Bliss Stone Spa provide additional water (**Waiwera Spring water**) server where you can fill your water bottle.



Stone Spa attendant will let you know when there are 10 minutes left of your 45 or 60 minute treatment. This will allow your time to shower. Since the sweat produced is like water, it dries fast and does not leave you feeling like you need to shower. It is actually recommended not to shower for at least two hours to gain the most benefits for your skin and hair.



Please remember to put the spa wear into the recycling bins together with your towels into the laundry baskets. The locker key can be given back to the spa attendant or receptionist. Place your disposable underwear into a rubbish bin.

+ Payment, redeemable vouchers, VIP membership payments is made at the end of your treatment at the reception desk.

Tell us if you are

1 1

- + Pregnant
- + Have heart disease
- + High blood pressure
- + Low blood pressure
- + Have serious disease
- + Recently had a major operation
- + Under 18 years of age



Bliss Stone Spa stone room use no chemical, radio active materials, or microwave.

Entire stone in stone room is of natural magma stone (volcanic lava).

The environment in our stone room is purely natural except temperature and moisture are higher than the normal one.

However, in order to ensure the wellness of your health, our assistant may ask you to excuse treatment, or ask to shorten your treatment time, or to observe your condition more frequently than normal.

Note

We ask you to leave all your valuable belongings at home because Bliss Stone Spa will not be responsible for your valuable's loss or damage.

Your mobile phone should be left in a locker. Taking your mobile phone into the stone room may cause damage due to high moisture and temperature.



Thank you