



PHYSICAL MEDICINE BODY TREATMENTS

TAKING YOUR DETOXIFICATION AND WELLNESS TO THE NEXT LEVEL

A healthy detoxification process involves more than just eating well and exercising. In order to feel your best throughout the detoxification process as well as properly support your physiology, it is important to partake in regular physical medicine body treatments. Our unique treatment series includes constitutional hydrotherapy, acupuncture, body work and optional glutathione injections.

Our body treatments are designed to incorporate ancient healing techniques from around the world coupled with modern medicine all in a relaxing spa like atmosphere.

What is Constitutional Hydrotherapy?

One of the principles of naturopathic constitutional hydrotherapy is that health and healing are proportional to the normal flow of healthy blood, specifically referring to both the quantity and the quality of blood flowing through a given tissue. The treatment goal is to normalize the quantity of blood circulating through a given area or tissue during a given period of time, as well as to improve the overall quality of blood in the general circulation.

Medicine has long recognized the mechanical effects of water temperature on blood flow (e.g. that hot water will relax a tight muscle or that cold, as in the form of an ice pack, can limit swelling and inflammation in a tissue area). Naturopathic constitutional hydrotherapy further expounds upon these principles, and while utilizing these basic mechanical effects to influence the quantity of blood flowing through a given tissue, also seeks to improve the quality of the blood circulating. This is accomplished in the treatment by enhancing blood flow through the organs of elimination (skin, liver, lungs, kidneys, colon) and subsequently deriving improved blood quality through the increased elimination of metabolic waste products. Concomitant treatment, aimed at tonifying the organs of digestion and improving the process of digestion and absorption of nutrients into the blood, help to build up desirable blood elements such as oxygen, nutrients, optimize blood and immune cell populations, etc., further improving overall blood quality.

Viewing the blood as the vehicle conveying life to all cells (oxygen, nutrients, etc.), constitutional hydrotherapy manipulates the circulation in order to maximize the benefits of this process for overall health and healing. It enhances the immune response, improves overall nutrition, promotes detoxification and helps restore nervous equilibrium. Constitutional hydrotherapy works because it helps to optimize the quality of blood, while improving the efficiency of its circulation.

How can acupuncture help my detoxification?

When we detox, a lot of waste is removed from the body. The process can be slow or fast depending on a person's individual constitution. Acupuncture will help to alleviate some of the challenges of the detox process that often causes us to not feel well. It will also help to regulate the correct flow of Qi in order to support the body during multiple phases involved in the detoxification process. Additionally acupuncture will feel like a wonderful and nourishing treat especially during all the hard work you are doing to improve your body.

What can you expect when you arrive?

Check in at the One Sky Wellness front desk. You will be brought back to a comfortable and relaxing room with a massage table. You are asked to relax in our lovely rooms under the sheets and

wool blanket while laying on your back. Your practitioner will arrive and apply a steamy hot towel to your chest and then cover you with the blankets for 5 minutes. Then you will have another hot towel applied to your chest for another 30 seconds followed by a cool towel and then wrapped up in blankets. This is when the gentle electrostimulation pads that have been placed on your back below both scapulas are turned up till your comfortable. This process continues for 10 minutes followed by re-placement of the pads on your lower back and your abdomen for an additional 10 minutes. During these times you may receive foot and or head massage. Then you are turned onto your stomach with your head in a massage table cradle. Hot steamy towels are then placed on your back followed by a cool towel. Another practitioner arrives to place a few acupuncture needles into each ear to help support your liver and help you feel relaxed and well. You may receive another foot or hand massage. When your treatment is complete you will be offered a glutathione injection (to help your body with the detoxification process as well as decrease any detox side effects and cravings). You leave feeling extremely relaxed, calm and warm. Often times people fall asleep during treatments.

