



**Welcome to our Salt Cave Halotherapy & Wellness Centre!**  
Our Salt Cave Halotherapy & Wellness Centre  
is a natural holistic centre with integrated complementary services  
that will be able to rejuvenate your health and maintain your well-being.

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## Vibrosaun Therapy



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*Charges for this service per person per session ranges from \$ 60.00 onwards*

Welcome to our *Salt Cave Halotherapy & Wellness Centre!*

Our *Salt Cave Halotherapy & Wellness Centre* is a natural holistic centre with integrated complementary services that will be able to rejuvenate your health and maintain your well-being.

*Vibrosaun Therapy* is one of the many services we provide at the *Salt Cave Halotherapy & Wellness Centre*. Most of the structures at our *Salt Cave Halotherapy & Wellness Centre* have been made from *Himalayan Rock Salt blocks*. All of the *Himalayan Rock Salt* that we use has been retrieved from the world's best *organic Himalayan Rock Salt Caves*.



You will get benefits of the *Himalayan Rock Salt* by having any sessions in our premises. The *Himalayan Rock Salt* attracts positive ions from you and replaces negative ions in your body. The founder with extensive medical background and experience together with the support of a highly competent team proudly bring this *Vibrosaun Therapy* service to you. The staff are *Certified Vibrosaun Therapist*



and registered with *International Institute for Complementary Therapists* (<https://www.myiict.com>). We use one of the world's best *Vibrosaun* systems in our centre. Each of the devices used in the *Salt Cave Halotherapy & Wellness Centre* have been approved by one or more of these following bodies: *CE, FDA, MSDS, SGS, TGA*.

### What is Vibrosaun?

*Vibrosaun* has been developed as a result of contributions from a group of highly specialist individuals: a medical practitioner, a chiropractor, an osteopath, a physiotherapist and a design engineer. The main focus of this group was to create a device that would stimulate exercise without putting stress on the body. Not only has this been achieved but the health benefits and results from customers have been overwhelming.

### How does Vibrosaun works?

Vibration relaxes muscles, heat dilates blood vessels.

The vibration movement relaxes the muscles while the heat that is generated dilates the blood vessels increasing the heart and pulse rate. This, in turn, increases the blood flow and intake of oxygen. The body's cells use oxygen to burn carbohydrates and fats. The increased and improved blood flow



and intake of oxygen assists the kidney and the lymphatic system to accelerate the removal of lactic acid and body wastes. A healthier body full of vitality results.

With *Vibrosaun*, we are dealing with a sophisticated combination of vibration, warmth, ventilation and music.

The comfortable, therapeutic, vibrating bed is encapsulated by the spacious unit in which dry sauna heat is evenly circulated. Negative ion charged air keeps the head and face fresh and cool. Music and aromatherapy calm and heal the mind and body. All these factors: heat, vibration, negative ion charged air flow and music can be controlled while the client is inside the *Vibrosaun*.

#### Benefits of Vibrosaun:

- Relieves muscular aches and pains.



- Simulates exercise - improves muscle tone and promotes perspiration.
- Increases circulation.
- A relaxing environment to help relieve tension and stress.
- Relief from arthritic and rheumatic pain.



- Relieves backache.
- Assists with weight control.
- Helps reduce/regulate blood pressure.
- Helps eliminate body wastes and stimulates kidney function.
- A proven aid for insomniacs.
- A great way to unwind after a hard day.

#### Clinical trials have shown benefits of Vibrosaun Therapy:

##### 1. Back Pain Treatment

With the dozens of different causes of back pain, it is difficult to isolate just one or two back pain treatment methods that will be effective.

Back pain can be caused by lifestyle factors: lack of exercise, sedentary activities, injury, stress, tension, poor work practices, and the list goes on. However, there are several natural methods that can be beneficial in relieving the pain and discomfort associated with back pain and offering lower back pain relief, without the use of medication. *Vibrosaun Therapy* is one of those natural methods.

The warm environment of *Vibrosaun* is ideal for accelerated healing and relief from general and



lower back pain. The relaxing vibration coupled with heat not only relaxes the muscles, and as the user is lying flat on the back, the vertebrae are separated allowing blood flow to circulate freely throughout the entire spinal column. This promotes effective regeneration of damaged tissue and muscle.

For 25 years, *Vibrosaun* has been a welcome relief to so many seeking a drug free back pain treatment.

## 2. Arthritis Treatment

Unfortunately, most people will suffer from one of the many forms of arthritis during their lifetime. Arthritis is an inflammation of the joint. The inflammation is a by-product, caused by the body's immune system reacting to infection, wounds or injury. The symptoms vary greatly. Rheumatoid arthritis, osteoarthritis



and gout are the most common forms diagnosed. These can sometimes involve the bones and tendons, while also manifesting as rheumatic fever, lumbago, lower back pain and more.

Being that most forms of arthritis have no cure, management programs are in place to assist sufferers with the pain and symptoms. Although conventional



methods such as anti-inflammatory medications, pain killers and corticosteroid injections are fairly effective in reducing symptomatic pain, many sufferers are turning to more natural methods of arthritis treatment to avoid the harsh effects such medication can have on their body.

Natural treatments focus on removing the cause of the arthritis, not just the symptoms. In arthritis such as gout, by increasing uric acid elimination from the body through the kidneys, joint pain can be alleviated.

Obesity and a sedentary lifestyle are major contributors to the development of arthritis. By keeping within the healthy weight range, maintaining cardiovascular health and performing very gentle exercises, arthritis sufferers can minimise the affects the condition has on their body. Much of this can be simulated by *Vibrosaun* in a relaxed manner.

Warmer environments, increased circulation and keeping the body in good health can help drastically minimise the impact arthritis has on quality of life.

## 3. Weight Loss Success

No two bodies are the same. So it's surprising that so many people think that weight loss success stories are achieved through standard methods alone.



A good, clean diet and exercise is recommended for every walk of life, yet so many of us are held back by a variety of factors including time, injury, health complications or disability, and let's face it, how many of us would love to lose weight without exercise?

Many weight loss success stories can be attributed to regular **Vibrosaun** treatments. Vibration relaxes the muscle and simulates movement, contributing in a minor way to burning calories. Then, as the dry sauna heat is introduced and the body temperature increases, the blood vessels dilate and increases circulation and of course, the heart and pulse rate.

**Lose Weight without Exercise** - When circulation is increased in this environment, the body receives signals from the brain and releases stored energy



to be used in exactly the same method as it does, when circulation is increased from doing physical exercise. Additionally your body will thank you for the non-strenuous impact.

Weight loss success stories occur when you focus on your individual circumstances and on a solution to suit your life and lifestyle.



#### 4. *Sleeping Problems (insomnia)*

With approximately 80 recognised sleep disorders, there is an abundance of reasons why people suffer insomnia. Acute (short term insomnia) is usually a symptom of major changes in natural sleeping patterns triggered by stress, trauma or anxiety.

Chronic insomnia is usually diagnosed as a symptom or side effect of another problem. Natural sleeping disorders such as obstructive sleep apnea, nocturnal asthma, chronic fatigue syndrome, medicines or even substances may cause chronic insomnia.

**Natural Solution** - An evening Vibrosaun treatment is a proven method to promote natural sleeping through the combination of gentle vibration and heat which enables the blood vessels to widen, relaxes the muscles and mind to lull the body into a sense of deep relaxation and serenity. By raising the body temperature before bedtime, the body is compelled to normalise itself afterwards and this temperature readjustment helps improve the quality of natural sleeping.

**Your Personal Sleep Clinic** - A daily treatment of vibration and heat before bedtime, which also stimulates the release of endorphins, is a sleep clinic proven aid to guarantee a deep, natural sleep every night.



## 5. Detox Cleanse

Our lymphatic system, kidneys and liver, are responsible for cleansing the body and removing impurities and toxins from the system. Regardless of weight, chemicals and toxins build up in the body.

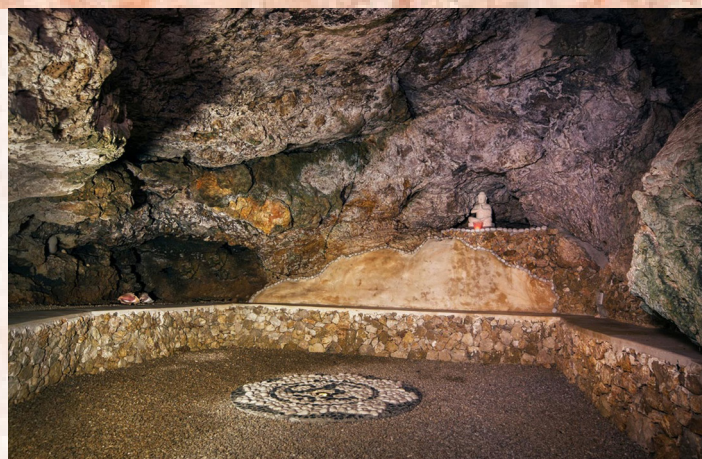
There are many factors that contribute to putting strain on the body's cleansing system which can overwhelm the natural detoxification system, such as the increased consumption of processed foods, exposure to pollution, antibiotics, food additives and preservatives.

When body fat begins to accumulate, chemicals and toxins build up. This is usually an indication that the liver may not be functioning to its full potential with the burden of excess toxins – a detox cleanse is essential.



Avoiding artificial sweeteners, sugar, medications, alcohol and trans-fatty acids, thereby immediately relieving pressure on the liver, is the start of your best detox.

The **Vibrosaun** accelerates detoxification through sweating and circulation. This rapidly increases the release of toxins from the body. **Vibrosaun** by generating heat increases the body's temperature which



allows infections to heal more rapidly.

By combining **Vibrosaun** sessions with aromatherapy essential oils such as lemon, juniper, angelica, geranium and fennel, the ultimate detox cleanse is achieved.

## 6. Cellulite Problem

Cellulite is the herniation of internal fat which is able to protrude through weak connective tissue which manifests at the surface of the skin appearing as dimples and nodules. Cellulite is much more common in females, affecting 80%-90% of post adolescent women.

Cellulite is caused by a range of factors, the most common being hormonal, genetic, predisposing and lifestyle. Most people want to know how to get rid of cellulite. Cellulite carries a strong genetic component, so if your mother has or had cellulite, chances are you will too.

Non-Strenuous - Strengthening the weak connective tissue helps to get rid of cellulite. This can be achieved by raising the heart rate to increase blood flow to the affected areas.

A non-strenuous way to increase the heart rate and get the blood pumping is by regular **Vibrosaun** treatments consisting of a light vibration massage combined with heat. **Vibrosaun** treatments will also aid in increasing circulation which is



another remedy that helps to get rid of cellulite forever.

### Contraindication for Vibrosaun Therapy for people with following factors:

- A very high blood pressure (upper value higher than 200, and/or lower value higher than 115).
- Recent (less than 2 years ago) heart complaints. Ask for expert medical advice.
- Recent (less than 2 years ago) diseases of the blood vessels, for example a brain haemorrhage.
- Temperate higher than 38°C.
- Patients with rheumatoid arthritis in an acute phase with swollen, warm, extremely painful joints. Consult

# COLON HYDROTHERAPY

**Before colonic irrigation**

- depression & anxiety
- headaches
- acne
- mood swings
- indigestion
- constipation
- flatulence
- joint pains
- painful periods
- water retention

**After colonic irrigation**

- feeling of wellbeing improved by 92%
- feeling of depression reduced by 86%
- skin improved by 60%
- indigestion reduced by 90%
- constipation relieved by 93%
- joint & muscle pains reduced by 83%
- menstrual comfort increased by 100%
- flatulence reduced by 50%
- quality of sleep improved by 92%
- headaches & anxiety reduced by 60%

**Stay naturally young!**

Meridian Institute Colonic Irrigation Project in West Virginia (USA) - www.meridianinstitute.com © Galina Imrie 2008; www.colonicbook.com

### Therapy:

Initial Consultation/Briefing is for 5-15 Minutes.

Time inside the device is 45 minutes per session (30 minutes with the device “on” and about 15 minutes of obligatory rest with the device turned “off”). Change of clothes before and after session may take approximately 10-15 minutes.

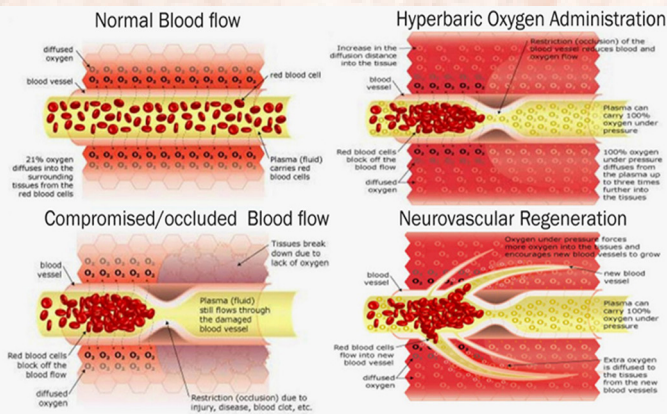
### How often can you have Vibrosaun Therapy?

According to trials, *Vibrosaun Therapy* can be used every day but proper hydration should be maintained. Please seek advice and clearance from your doctor if you have any doubts about using *Vibrosaun Therapy* or if you have any existing medical conditions.

### Booking requirement:

Booking is essential subject to availability. For booking confirmation please provide needful information to supplier or booking tool. 24-hour cancellation or re booking policy applies. For voucher client(s) failure to do so, voucher is forfeited. Same day cancellation or no show is not entertained unless by law. For this service(s) minimum number client(s) can be booked is 1 and maximum is 3.

Your requirement(s) for the session(s):



rheumatologist.

- Pregnant women should consult doctors.
- Unstable medical condition.
- Mental disease.
- Under 16 years of age.

Treatment duration for Vibrosaun



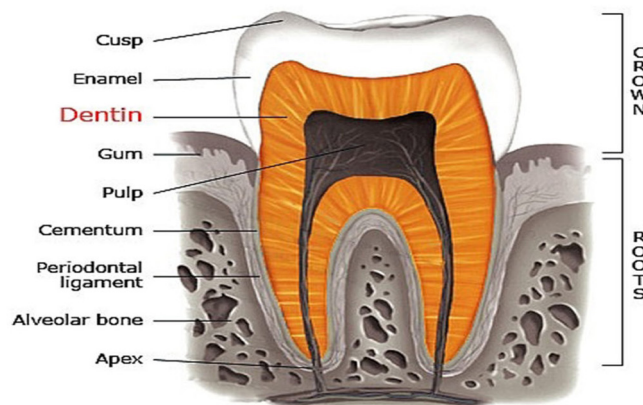
Please come relaxed with comfortable clothing. Each person visiting for *Vibrosaun Therapy* please must bring two big bath towels, one hand towel, spare inner wears and bottle of water for your *Vibrosaun Therapy* session. Please come 5 – 10 minutes prior to your booked time.

### What do I wear for Vibrosaun Therapy?

Please bring towel, spare inner wears and bottle of water for your *Vibrosaun Therapy* session. Wear comfortable clothing when you come to the centre. You will be given time to change and get inside the device. There is panel facing you. Behind the panel, there are 5 (FIVE) buttons for operation. You will be able to see these buttons when you lift the lid up or feel them when you run your hand over the panel. The far left button is for fan - you can turn it up and down for more



or less airflow from the *speaker* (located on each side of headrest). Next to this button is the *second button*, which is for *heat*. The *heat* can *adjusted* by turning the *knob forward and backwards*. If you turn the *knob at 80 continuously*, the *device heats up faster* which is ideal. If you do *not adjust the heat* with the knob then the heat inside the device will *increase very slowly*. If you have adjusted the



heat, and *after some time you feel very hot*, just *lift the lid up gently* and *hot air goes out of the device* and *cool air comes in making it pleasant*. The temperature inside the device drops as well. On the panel on the *right hand side*, there are 3 (THREE) buttons. The *far right button* is for *adjusting the music volume*. Next to this *volume button* are *two buttons up and below* for *vibration*, one button for “back” and other button for “feet”. The way you *reduce or increase or position* these buttons in *different level bed* will *vibrates in that way* for *back and feet* – after exploring choose it’s position of vibration delivering best for your treatment. Please make sure you position your body part requiring treatment parallel to the bed for best results. For example if you are having back pain, please lie on your back position touching bed. Entire treatment plan can be planned and done as per your need, just follow instructions in order to achieve best results. Only inner garments are allowed inside the device. Outer garments will have to be removed before entering the device. Strictly inner wears to be worn during the session for health, safety and hygiene reasons. No eating is permitted inside the device. Drink plenty of water to keep hydrated as you will sweat a lot during the *Vibrosaun* session and take some rest afterwards. Please follow these simple instructions to avoid any issues in the future. Please

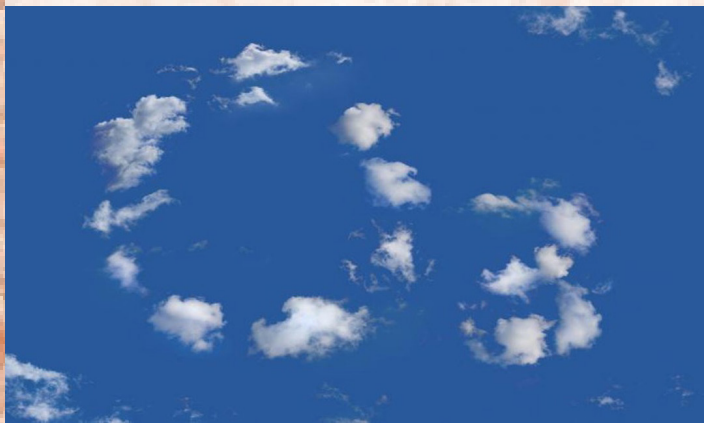




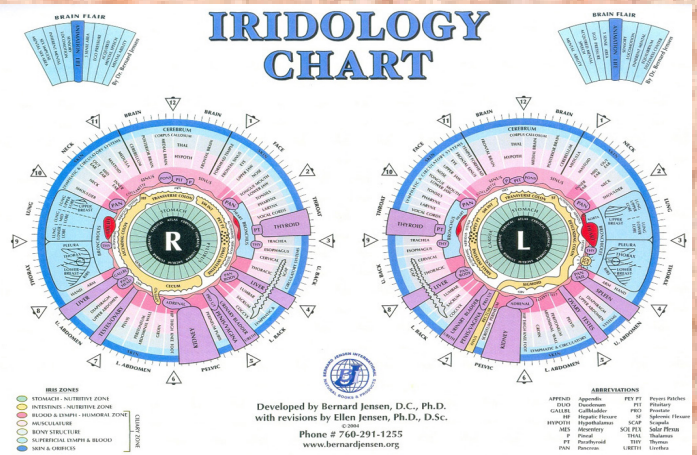
wait till you finish the session. We have three *Vibrosaun* capsules so we can take one / two / three persons at any single time. You can book as a one / two / three people from your own group or can be booked individually. A room divider can be used to accommodate single bookings. To get the best results for your treatment, it is recommended not to shower for at least 2 hours after your treatment. We play standard soothing music for you to hear it during the procedure. You are welcome to bring your own music to enjoy using your headsets.

### Charges for Vibrosaun Therapy:

Retail price per person per session for Pre – *Vibrosaun* Consultation: \$40.00 [Usually free if you have booked for *Vibrosaun* with us. Please come 5 – 10 minutes prior to your booked time.]



Retail price per person per session for *Vibrosaun*: \$60.00 [Involves Pre – *Vibrosaun* Consultation. Time inside *Vibrosaun* device is 30 minutes per session with the device “on” and about 15 minutes of obligatory rest with the device turned “off”. Change of clothes before and after session may take approximately 10-15 minutes. Please come 5 – 10 minutes prior to your booked time.]



Retail price per two person per session for *Vibrosaun*: \$120.00 [Involves Pre – *Vibrosaun* Consultation. Time inside *Vibrosaun* device is 30 minutes per session with the device “on” and about 15 minutes of obligatory rest with the device turned “off”. Change of clothes before and after session may take approximately 10-15 minutes. Please come 5 – 10 minutes prior to your booked time.]

*Clinical trials* have shown that *multiple sessions of Vibrosaun* provide relief from *existing chronic & other medical conditions*. *Multiple sessions are recommended to attain best results*. Please contact *Salt Cave Halotherapy & Wellness Centre* for more clarification about present or about any other treatments provided at *Salt Cave Halotherapy & Wellness Centre*.

Research article(s) for *Vibrosaun* Therapy:

*Dr. M. Saan, Vibrosaun “A Natural way to health and fitness”, 1963 – 1990.*

Opening Hours:

We are open: **10 am- 7 pm: Mondays to Sundays (Including Public Holidays).**

Location:

We are based at: **11 / 326 Sunset Road, Windsor Park, North Shore, Auckland 0632, New Zealand.**



*There is availability of onsite as well as off street parking for our clients.*

*Contact us:*

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