ASPIRA
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# *Contrast Therapy:*
## A REFRESHING RESET FOR MIND, BODY & SPIRIT

# *Benefits*

## BOOSTS ENERGY LEVELS

Transitioning from the soothing warmth of the sauna to a refreshing burst of cool temperature stimulates the body's natural vitality. This thermal contrast gently elevates the heart rate, promotes circulation, and awakens the senses. As blood vessels constrict and endorphins surge, you'll feel a revitalizing rush that sharpens the mind, energizes the body, and leaves you with an incredible sense of renewal and clarity.

## INCREASES CIRCULATION

Alternating between soothing heat and refreshing cold creates a dynamic experience that stimulates healthy blood flow and supports overall circulation. The warmth of the sauna gently expands blood vessels, while the invigorating cool plunge encourages them to contract. This harmonious balance promotes vitality, refreshes the body, and may contribute to improved cardiovascular wellness.

## ENHANCES IMMUNE FUNCTION

Research suggests that elevated body temperature can enhance the performance of certain immune cells, helping the body strengthen its natural defenses—especially during the cooler months. Mild, controlled heat exposure, such as that experienced in a sauna, may encourage the production of beneficial lymphocytes that help protect against illness. While it's important to avoid excessive heat, regular, mindful sauna sessions can be a soothing way to support overall immune wellness.

## PROMOTES FASTER MUSCLE REPAIR

Experience the restorative power of contrast therapy. Cold plunges help ease muscle inflammation and soreness by constricting blood vessels and slowing metabolic activity—supporting faster recovery after physical exertion. In contrast, the soothing warmth of the sauna encourages deep muscle relaxation and tension releases.

Research by Dr. Rhonda Patrick suggests that regular sauna sessions may help reduce lactic acid buildup, stimulate beneficial heat shock proteins, and promote the natural release of growth and wellness hormones. Together, these effects may enhance recovery, improve focus, ease anxiety, and help the body build resilience for future performance.

## BURNS "BROWN" FAT FOR WEIGHT LOSS

Recent research from the University of Copenhagen highlights another remarkable benefit of alternating between hot and cold therapy—its influence on brown fat, or brown adipose tissue (BAT). This specialized fat helps regulate body temperature by generating heat and burning energy. By moving between the invigorating chill of cold water and the comforting warmth of the sauna, you may naturally stimulate brown fat activity, supporting balanced energy metabolism and overall wellness.

## IMPROVES SKIN HEALTH

The combination of heat and cold exposure can positively affect the skin. Saunas may help cleanse the skin by promoting sweating, while cold plunges can tighten pores and improve skin tone. The alternating temperatures can contribute to a healthy complexion.

## REDUCES STRESS

Both saunas and cold plunges have been linked to stress reduction. Saunas promote relaxation by increasing the release of endorphins, the body's natural feel-good chemicals. Then, the shock of cold water in an ice bath can help trigger the release of stress-reducing hormones.

### PRO TIPS FOR A REFRESHING EXPERIENCE:

- Stay hydrated
- Keep sauna sessions between 12-15 minutes, and no more than five (5) minutes in the cold plunge
- Alternate for 2-3 cycles, depending on your comfort and tolerance levels
- When completing the cycle, always end with cold therapy. If you finish with heat, it may worsen swelling and inflammation.

## PRECAUTIONS

Before starting a hot and cold contrast therapy routine, such as alternating between saunas and ice baths, it's crucial to consider certain precautions to ensure your safety and well-being. Here are some precautions to keep in mind:

First, if you have pre-existing conditions (such as heart issues or diabetes), it's always important to consult with a healthcare professional before starting contrast therapy.

Stay well-hydrated and drink water before, during, and after using the sauna or heat therapy.

Make sure to avoid alcohol and caffeine, as they can also lead to dehydration.

People have different tolerances to heat and cold, so listen to your body and adjust the temperatures and durations accordingly.

# healing in color

## CHROMALIGHT THERAPY

**RED**
Activates the circulatory & nervous systems

**STRONG GREEN**
Provides anti-infectious, anti-septic and regenerative stimulation

**STRONG BLUE**
Lubricates joints & helps address infections, stress, nervous tension

**ORANGE**
Energized and eliminates localized fat. Helps address asthma and bronchitis

**GREEN**
Acts as a relaxant

**BLUE**
Stimulates muscle and skin cells, nerves and circulatory systems

**STRONG YELLOW**
Strengthens the body and acts on internal tissue

**STRONG INDIGO**
Helps address eye inflammation, cataracts, glaucoma and ocular fatigue

**STRONG PINK**
Acts as a cleanser, strengthening the veins & arteries

**YELLOW**
Reactivates and purifies the skin, helps with indigestion and bodily stress

**INDIGO**
Activates and eliminates impurities from the blood stream

**VIOLET**
Relaxes the nerves and lymphatic system, addresses inflammation & urinary illness

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