

PARADISE WELLNESS

ABOUT OUR SPA RESORT

DR. MAHMOUD SOUS
PRIYANKA YADAV

PARADISE WELLNESS

ABOUT OUR SPA RESORT

A complete care guide about our Spa Resort

Dr. Mahmoud Sous
Priyanka Yadav

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Dr. Mahmoud Sous – Ph.D.

During the period of 1995-1999, I went to the medical school in Poland to research about the various methods of back pain treatment. After finishing my PhD, I took variety of courses including naturopath, acupuncture, and manual techniques. This gave me an idea that exercises, and massage could be helpful in treatment of chronic pain. But my findings didn't stop me here, I also worked as a naturopath practitioner in Canada where I got familiar about treatments with Chinese medicines, osteopath techniques and some other manual therapies which helps in pain management.

Fixing injuries requires an understanding of anatomy and biomechanics. That is why my research and treatment belong to the holistic approach of using different techniques and remedies for the treatment of back pain. In 1990, I realize that there are some complex spinal aspects and issues which leads to of back pain. So, from my case studies I formulated a guideline which is clear and easy to understand and will fix your issues.

My goal is to help people visualize how the body functions and what happens inside when you experience pain. Healing requires to focus on one's action because pain results due to faulty actions and movements. This thought motivated me to work on a book which will include all home remedies where people can treat themselves to fix their pain. I have included knowledge based on my clinical research using manual massage therapy, food habits, nutrition facts, heat, sauna, hydrotherapy, cold water treatments which overall helps in pain management. It gives me pleasure to introduce this book to the community where I have shared all my experienced treatment plans.



Priyanka Yadav (Physiotherapist)

I started my career in 2011, since then I have worked as a Physiotherapist in several clinics and hospitals in India. Working mostly in the Outpatient department made me realize that Physio's role is extremely crucial in the rehabilitation and recovery process of a patient. My desire to reach out to more people motivated me to work for this book. Have worked with Dr. Mahmoud on several research books on self-pain management. We have been constantly working on curating the best suited protocol for various Musculoskeletal conditions. Additionally, we have also included approaches with alternative medicine.

Dr. Sous's Team who have contributed with their approaches in this book.

- * Priyanka Yadav - Physiotherapist / Massage Therapist
- * Haitham Ajoury - Layout & Design

This is a self-help book written by Mahmoud Sous PhD, DO and team. It is the result of more than 16 years of musculoskeletal experience practicing in corporate and private physiotherapy clinics around the world. This book was created to help you get to know your shoulders better and is based on more holistic approach to treat and prevent shoulder injuries and pain. Shoulder pain is very common, and although shoulder pain can be alarming, serious, or permanent damage to the shoulder is uncommon. This book will help explain how the shoulder is put together and why shoulder pain and dysfunctions occur, enable you with ways of coping with pain.

We believe in a Pain-Free Society!

Contents

Titles No.	Title	PageNo.
1	About Our Spa Resort	1
2	Our Services	2
3	Training Center	2
4	Our Courses	3
5	Bookstore	4
6	Paradise Food Bar Menu	5
7	Dr. Sous.ca Store Products	13
8	Services & Facility in Details	14
	1. Black Mud.	14
	2. Body Contouring	15
	3. Body Treatments.....	17
	4. Hot Stone Massage	18
	5. Facials	20
	6. Pedicure & Manicure.....	25
	7. Foot Spa.....	26
	8. Waxing	27
	9. Laser Hair Removal	28
	10. Hydrotherapy	30
	11. Private Rooms & Jacuzzi	33
	12. Sauna.....	33
	13. Steam Cabinet.....	34
	14. Salt Cave	36
	15. Turkish Bath (Hammam)	40
9	Our Clinic.....	43
10	Why Choose Paradise Wellness Centre?.....	79

About Our Spa Resort

Paradise Wellness Day Spa Resort is dedicated to the peace, health, and mental well-being of our clients. We provide them a sanctuary from the stress that degrades their quality of life. Paradise Wellness is a welcoming and open place for people from all around the world who would like to spend a relaxing, happy time with friends. For groups who want to organize any type of meeting in a very unique and relaxing environment. We can serve 100 folks at the same time.

Paradise is a place for people who like to discover unique ideas and who would like to taste multicultural healthy food, like fresh hummus, polish borscht, or unique Mississauga salad. This is the best place for people who would like to come back to their roots and enjoy the experience of traveling back in time. Paradise Wellness is open to people who love art and beautiful handmade items carefully selected from all around the world. For everyone who likes instrumental live music. We are giving 5 minutes of welcoming time to everyone who enters Paradise Wellness so everybody can get to know our unique environment for free.



In Paradise Wellness you can stimulate all your senses so we will let you participate in composing your meal. Imagine that you can smell the mint or rosemary or any other herb, just take it with your hand and put it directly to your tea or salad. We will let you participate in craft games like puzzles or planting your own herbs in the nice flowerpot that you can take with you. We will give you a chance to press your own natural oil for internal and external use. The music played in Paradise Wellness is traditional and multicultural, 50% Middle Eastern and 50% from the rest of the world. We selected the best music from all

around the world to help you relax not only your body but your brain as well. The music we chose has a very relaxing pace and rhythm. Only traditional lyrics about values that we appreciate and love. It's proven that listening to good music helps you to elevate your mood and increase your brain function. It helps your vital signs to function in a normal relaxing pace allowing your body to concentrate and take a brake. This type of music brings back your good memories making you feel excited and happy.

OUR SERVICES

- Groupon 30 min Couple Massage
- Groupon 30-minute Swedish Massage
- Turkish Hammam- A Turkish bath is the ideal antidote to all daily stresses.
- Turkish Hammam (Private) You have full privacy and a therapist with you conducting the Hammam
- Salt Cave. This room contains salt lamps, comfortable lying mats, and free space.
- Massage (1h 30m) Relaxing, curative massage with sounds of waterfall, music and birds.
- Massage (30 m). Relaxing, curative massage with sounds of waterfall, music, and birds.
- Massage (45 m). Relaxing, curative massage with sounds of waterfall, music and birds.
- SWEDISH MASSAGE COURSE FOR COUPLES. In-person massage course offered by Dr. Sous and his team
- Foot Massage. Foot Massage with complimentary cold and hot drinks/snacks
- Foot Massage (for Couples). Foot Massage with complimentary cold and hot drinks/snacks
- Women Hammam Group Booking 2 Hours Package
- Women Hammam Group Booking 3 Hours Package

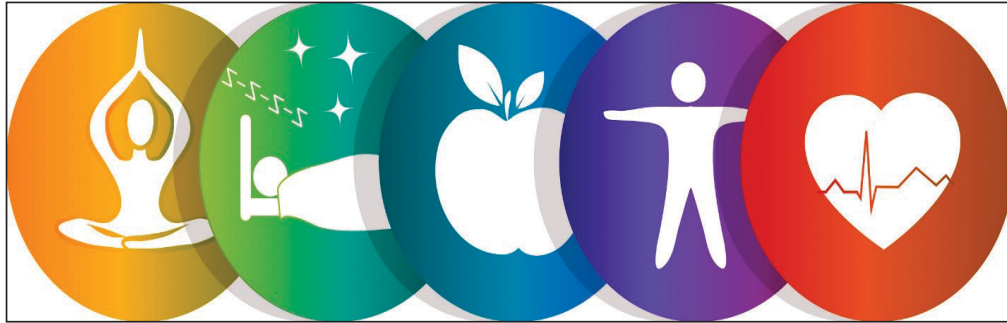
Training center

Paradise Natural Healing Academy Dr. Sous.Ca

In our facility we also have an Educational Wellness Center where we want to share our knowledge with you. To help make every day a little healthier and more fulfilling. Providing comprehensive, and collaborative physical, emotional, and spiritual health services that support our student's needs and facilitating referrals to ensure optimal care.

Working with students to prepare and empower them to be successful in their health and wellness journeys during their studies at our center and after.

In our facility, we do regular presentations on several health and wellness-related topics.



Mission Statement

Any journey towards better health must begin somewhere. And how you construct that journey from the outset will determine if it is successful.

Our Health and Wellness Club's mission is to inform and raise awareness of the different health challenges to our students, the people of our city, province, and world face. We want to instill in our campus and community the value of holistic wellness, which includes one's physical, mental, and spiritual well-being.

We believe in a hands-on approach to learning.

We work with the plants, dried herbs, and herbal preparations to expand and strengthen our knowledge base. We explore Phytology and Herbology recognizing that nutrition, exercise, stress management, and other holistic modalities offer a healthy life experience.

We encourage our students to integrate their study into a personal practice, so they can benefit daily and relate to the material through first-hand experience.

Our Courses

- Course 1 Herbs and Oils - 32 Hours. Certificate Course in Integrated Pain Management
- Course 2 Herbs and Oils - 32 Hours. Certificate Course in Integrated Pain Management
- Course 3 Herbs Retreat - 40 Hours. Certificate Course in Integrated Pain Management

Description

COURSE 01

HERBS AND OILS

The course is the beginning is designed to enhance and upgrade the knowledge and skill of a wide range of practices, including Holistic Nursing, Naturopathic Medicine, Acupuncture, Chiropractic, Physiotherapy, Massage Therapy, Family Medicine, Registered Dietician, Personal support worker, Registered Herbalist and more. Service Description

The program is designed to enhance and upgrade the knowledge and skill of a wide range of practices, including Holistic Nursing, Naturopathic Medicine, Acupuncture, Chiropractic, Physiotherapy, Massage Therapy, Family Medicine, Registered Dietician, Personal support worker, Registered Herbalist and more.

COURSE 02

HERBS AND OILS

The course is the second stage designed to enhance and upgrade the knowledge and skill of a wide range of practices, including Holistic Nursing, Naturopathic Medicine, Acupuncture, Chiropractic, Physiotherapy, Massage Therapy, Family Medicine, Registered Dietician, Personal support worker, Registered Herbalist and more. Service Description. The program is designed to enhance and upgrade the knowledge and skill of a wide range of practices, including Holistic Nursing, Naturopathic Medicine, Acupuncture, Chiropractic, Physiotherapy, Massage Therapy, Family Medicine, Registered Dietician, Personal support worker, Registered Herbalist and more.

Course 03

Herbal Retreat

Intensive 7 day stay and learn program. Join us for the ultimate experience of a 7 day stay at a location to be confirmed, where you and your partner (an added charges applicable) can apply the knowledge and skills learned in Course I and II. This course will be a week-long stay and learn program. This is an advanced and intensive program to train yourself to be confident about the skills you have already learned in Stage I & II. This course will allow you to teach others, pain management and be a trainer yourself.

Book store

- Free Digital Books.
- A 24-HOUR HOME REMEDY GUIDE TO YOUR BACK PAIN. This publication contains the opinions and ideas of its author. It is intended to provide helpful and informative material on the subjects addressed in the publication. The author and publisher specifically disclaim all responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly

or indirectly, of the use and application of any of the contents of this book.

- Arabic Books Hard Copy Bundle
- Digital books
- SHOULDER REHABILITATION
- KNEE REHABILITATION
- HANDBOOK OF HOME REHABILITATION
- A HOME CARE GUIDE TO KEEP YOUR LUNGS HEALTHY
- HOLISTIC APPROACH TO YOUR HEALTH AND WELLNESS
- 100 PERCENT HAPPIER (A COMPLETE CARE GUIDE FOR MEDICAL HERBS) - ENGLISH/ ARABIC
- 3-MONTH REHAB PROTOCOL FOR BRAIN INJURY & OTHER NEUROLOGICAL CONDITIONS- ENGLISH/ ARABIC
- 3-MONTH PROTOCOL FOR BACK PAIN- ENGLISH/ ARABIC

- Special Books Packages Offer
 - ✓ English Digital Books Bundle
 - ✓ Arabic Digital Books Bundle
 - ✓ Arabic Books Hard Copy Bundle

DR.SOUS TV

More than 30 films about Back Pain Management that are always running. You can go to the next video if you wish

- Back pain
- Neck pain

PARADISE FOODBAR



Welcome to Free Meal Everywhere Site

Free Meal Everywhere is a new restaurant that gives you and your family a great comfort. It is equipped with all the things you need, great food, juices & cocktails. Enjoy.

For Your Review

Our food is prepared by a professional chef. Our variety plates include Chicken Shawarma, Shish Kabob, Shish Kafta, Shish Tawook, Falafel and many many more.

Juice Cocktails

- Mixed Fruit Cocktail
- Levels Cocktail
- Fruit Cocktail with Ice-cream
- Fruit Cocktail with Nuts
- Oasis Cocktail (Royal)



Menu

Vegetarian Menu

1) Kumpir - Different style potato

Kumpir is definitely not your ordinary baked potato. It starts with a ginormous potato, which is sliced in the middle for a generous smearing of butter and cheese, and is finished off with an over-

whelming assortment of toppings. Common toppings are corn, pickled vegetables, pickled beets, olives, hotdogs, kisir, and a dollop of yogurt.



2) Salads - light, fresh and healthy!

Tabbouleh Salad

Vegetarian salad, made with cracked wheat bulgur, parsley, tomatoes, and a bright garlic mint dressing. Additionally we add some crisp cucumber and briny olives, so every bite is a little different. This salad is loaded with flavor and texture, absolutely delicious.



Fattoush Salad

Fattoush Salad makes a frequent appearance on the Middle Eastern dinner table. It's basically a fried bread salad that typically includes lettuce, tomatoes, cucumbers, radishes and fried pieces of pita bread. We also like to add green peppers, green onions and parsley. All dressed in a zesty lime vinaigrette.



Khiyar wa Laban (Cucumber and Yogurt Salad)

This refreshing salad it's great on its own or placed on top of foods like quinoa, rice, and even burgers! All we use to make the salad is cucumbers, plain yogurt, garlic, crushed dry mint, and salt.



Salata Bateekh (Watermelon Salad)

We can't forget fruit as a player in the salad game! Watermelon paired with Nabulsi cheese (a salty cheese made of goat and sheep's milk) and a little bit of basil makes for a sweet and savory salad.



3) Appetizers with bread - The Great Classics

Hummus

Hummus is an incredibly popular Middle Eastern dip and spread. Typically made by blending chickpeas (garbanzo beans), tahini (ground sesame seeds), olive oil, lemon juice and garlic in a food processor. It's not only delicious, but also versatile, packed with nutrients and has been linked to many impressive health and nutritional benefits. Hummus is a great source of plant-based protein, high in fiber and great for those with intolerances, as it's naturally gluten-, nut- and dairy-free.



Masabha

Masabha is made from very similar ingredients to those used in hummus, but it's completely different in texture and in taste. The chickpeas are cooked until they're incredibly soft, then mixed with tahini, olive oil, lemon juice and spices. A bit of pre-made hummus is also added.

Baba ghanoush

Baba ganoush is similar to hummus, but it calls for grilled or roasted eggplant instead of chickpeas. In its most basic form, baba ghanoush is made with eggplant, tahini, olive oil, lemon juice, garlic and salt. We found that adding a tiny bit of ground cumin, smoked paprika and fresh parsley takes it to the next level.



4) Fresh juice & cocktail - to keep you cool and energized

Limonada

Arabic version of the delicious frozen mint lemonade drink. This is an energetic mix of lemon juice, mint leaves, sugar, ice and water. It's the most traditional and most popular slushy drink.



Jallab

Jallab is a more Syrian and Lebanese drink that combines the tastes of both sweet and sour together. It is made up of date syrup, rose water, water and ice.



Rumman

Rumman is the Arabic word for the pomegranate fruit. The fruit is sweet but it has antioxidant properties. Rumman and water is all you need to taste this cool tangy summer drink.



Tahini colada

This fun play on a Piña Colada replaces the coconut with savory tahini, combined with lime juice, milk and honey to add some body to the drink.



Paradise Cocktail

A blend of fresh mango, strawberry and banana, a splash of milk, slightly sweetened with sugar.



5) Manakeesh - Middle Eastern Pizza

Zaatar

Thyme and sesame seeds mixed with oil. Available with cheese.



Labneh with Zaatar

Creamy yogurt topped with zaatar.



Spinach

Spinach mixed with onions and sumac, topped with a lemon wedge. Available with cheese.

Cheese

Blend of akawi and mozzarella cheese.

Pizza

Regular cheese manakeesh with your choice of vegetables on the top



Dr. Sous.ca Store

Enhancing Your Well-being and Lifestyle

We have a diverse and interesting online store for you

Explore a World of Wellness and Gourmet Delights

[Shop Now](<https://drsous.ca/collections>)

Discover a wide range of premium products:

- **Vitamins & Supplements** for your health needs
- **Essential Oils** for natural wellness
- **Books** to enrich your mind
- **Body Support & Braces** for comfort
- **Coffee & Chocolates** for gourmet indulgence
- **Fragrances & Soaps** for self-care
- **Beauty & Skincare** for your daily routine

Elevate Your Pantry:

- Organic Nuts, Seeds, Spices, and Seasonings
- Pure Juices & Honey
- Fine Teas & Customized Infusions

Discover Dr. Sous's Secret Remedies for Holistic Wellness.

Experience the Best in Health and Gourmet Living.

Services

1. Black Mud.

Check out our natural black mud procedure to moisturize, hydrate and rejuvenate your skin.



By now you may have heard people talking about Dead Sea mud and how good it is for the skin's health and look. But did you ever wonder what exactly makes something that may seem like ordinary mud so good for you? The answer consists of several reasons, which all combine to make Dead Sea mud one of the healthiest things you can use for your skin. But before we get to the "how", let's take look at the various way in which this mud can actually benefit you and your skin's health. There is a reason why so many people descend on the small Dead Sea, based in Jordan and Israel, every year and here are just a few of them:

- Improves blood circulation and natural skin generation

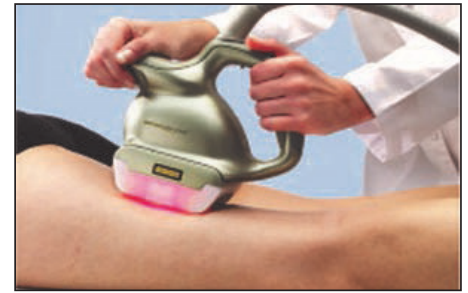
- Moisturizes your skin and helps natural skin hydration
- Fine mud grains, cleanse the skin and remove any dirt particles, impurities and toxins
- Proven to provide effective relief for skin disorders such as psoriasis, eczema, acne and wrinkles
- Gently peels away dead skin cells to reveal more youthful, healthier skin layer

Dead Sea mud has many amazing health properties, and in addition to the ones listed above also helps treat and relieve some other ailments. These ailments include arthritis, muscle stiffness and aches, rheumatism, joint inflammation and even itchy, dry skin.

So how can some simple, all natural mud be so effective at helping so many things and cleaning your skin so well at the same time? The answer lies in what you can't see - the high concentration of salts and minerals present in the mud. You see, as the Dead Sea evaporates year after year (it's not connected to any other body of water), the salt and minerals which are already present in high amounts get absorbed into the mud at the bottom of the sea. This mud is then extracted and packaged, with all the impurities removed. The minerals which are present in the mud are all natural minerals which your skin needs every day. By using Dead Sea mud, or a mud mask, you are basically feeding your skin these essential minerals. Minerals such as potassium, magnesium, sodium, bromine and calcium are all needed by your skin to help maintain the right moisture levels and hydration. Another very powerful effect of using Dead Sea mud is the fact that as it dries, it pulls out any toxins that may be present in your skin cells from your everyday diet. This leaves the skin completely clean, refreshed and pure on top of infusing it with the minerals. At the same time it firms your skin and tightens it, giving you an exceptional anti aging benefit and leaving your skin looking younger. Because of this dual effect of exfoliating, cleansing and providing essential minerals, Dead Sea mud is able to help with so many various ailments or to simply keep you skin looking young and healthy for a long time! Mud masks made with Dead Sea mud have also proved to be very helpful when applied to a scalp for hair roots strengthening. These masks help to stop hair loss and enhance new growth. They proved to be 4 times more effective than any other product of the kind during comparative tests with many other popular cosmetic brands.

2. Body Contouring

Body contouring is the way to have the extra fat removed. Cellulite is the expression used to describe pockets of fat which are trapped and cause dimpling in the skin. This dimpling is irregular and patchy and has been identified with orange peel. 90% of post-adolescent women go on to develop cellulite at some time during their life although it is hardly ever seen in men.



The thighs, buttocks and the abdomen are the most common areas for a woman to develop cellulite. Although it is often mistaken for obesity, cellulite is not actually obesity related because it can also take place in thin lean women. Underneath the dermis and epidermis are three specific layers of fat. Cellulite tends to develop in the subcutaneous fat layers. Hormones also help out with the storage of fat along with the body's metabolism in the subcutaneous fat layer. Hormonal factors such as estrogen and folliculine also play a role in cellulite formation. Cellulite is for the most part found in women during their hormonal changes such as puberty, pregnancy, and menopause and also whilst taking birth control pills. The fat cells between the two reserve fat layers situated under the subcutaneous fat layer dissolve into a slack network. A person's genetic makeup predicts their fat storage and metabolism in these layers which are predisposed by diet, exercise and lifestyle. These layers have no responsibility for cellulite forming on a person's body. The subcutaneous fat layer in a woman is organised into large upright chambers allowing fat to be stored. In men, these chambers are organised into small slanting units. These store smaller fat quantities and are not likely to form cellulite. Cellulite's formation is a result of complex physical changes that occur in the subcutaneous fat layer. Regular exercise and well balanced diets do not always reverse or prevent its formation, although an unhealthy lifestyle will make the overall appearance worse over time due to poor nutrition, weight gain and lack of sufficient water intake. Though the exact etiology of cellulite is unknown, it may be caused by many factors including heredity, physical activity, nutrition, stress, and lifestyle, and the appearance of cellulite is largely determined by the amount of body fat and the nature of the supporting fibrous septae. Women have more body fat (27%) than men (15%) of proportional body fitness. Much gender specific fat deposition is based upon hormonal receptor site density and sensitivity in different body regions. Unfortunately, good diet and physical exercise conditioning do not effectively prevent the development of cellulite.



Cellulite, by its very nature, varies in depth. Our is a remarkably effective, non-invasive system, specifically designed for cellulite treatment and body contouring, which is able to treat the different stages of cellulite by delivering heat in various depths of the skin. In order to achieve optimal results, it combines carefully selected mechanical, thermal and optical energies during the same treatment:

- Infrared photo-pneumatic massage using 900 nm
- Ultrasound using a 1 MHz frequency
- Bi-polar radio frequency at 450 KHz

The Infrared energy heats the skin from within, rendering it more malleable and receptive to the rolling action of the treatment head, stretching the fibrous bands without injury. The Ultrasound further disperses heat into the fatty layers, increasing the adipocytes membrane permeability, leading to the liberation of stored fat (lypolitic effect). It also increases blood and lymphatic circulation, ultimately reducing the circumference and volume of localized fat deposits. Finally, a vacuum massage is applied. At the end of the treatment, bi-polar Radio Frequency is used to increase collagen production and restore tissue elasticity, further disabling the cellulite process. All three energy sources are used consecutively in order to deliver exceptional, quicker and longer lasting results. Before the treatments, a lubricating substance is applied to the target area. Then the device is ready directly upon the skin: because the flesh heats, the vacuum massage pushes the fat cells into the adipose layer, quickly sinking the fat cells and reducing the dimpled appearance.

3. Body Treatments

We will provide massage, with relaxing oriental & sounds of waterfall and birds. Our goal is to create a very organic and relaxing atmosphere with plants, music, smell and temperature. The massage beds in Paradise Wellness are truly unique that can be filled with different kinds of dry herbs, seeds, sand and Himalayan salt. Lying on such components is very comfortable and natural.

The beds will be also gently heated to release the beautiful aroma of herbs.

That allow us to combine a massage with an aroma therapy.

The regular price is \$199 for 1.5 hour session of massage.

For a group of 2 people and more, the price is \$149 per person for 1.5 hr.

Massage space can be adapted to organize any type of group meetings on special request.

In the Space of Bodywork you first choose a cozy tent and the level of privacy that you desire, letting our experts give you the ultimate relaxation. Forget about time and stressful events, and just enjoy

the memorable experience. During treatments listen to the soothing sound of waterfalls mixed with a subtle calm music in the background. Using the most divine smelling body oils to treat all your senses and give a perfect relax not only to your body but to your mind as well. Surrounded by colorful tents and palm trees you can easily forget worries and stress happening in reality.



4. Hot Stone Massage

Ease your muscle tension with our therapeutic hot stone massage. Hot stone massage is a variation on classic massage therapy. Heated smooth, flat stones are placed on key points on the body. The massage therapist may also hold the stones and use them to massage certain areas of the body. The use of hot stones for healing dates back to ancient times, but it wasn't until Arizona massage therapist Mary Nelson introduced her hot stone massage technique, called LA Stone Therapy, then the use of hot stones for massage caught on.



Hot stone massage is a natural therapy in which warmed stones are positioned on parts of the client's body of to maximize the therapeutic benefit. The stones used are typically river rocks or other very smooth-surfaced stones made of basalt. These stones are heated in sanitizing water before use. The high iron content in basalt helps the stones retain heat during the massage. Hot stone massages are beneficial on both physical and psychological levels. Always check with your doctor before getting a hot stone massage; individuals with certain conditions--including pregnant women and people with high blood pressure--are advised to avoid this type of therapy.

Benefits of Hot Stone Massage:

Muscle Relaxation

The heat from the stones helps your muscles relax, allowing the massage therapist to manipulate your deep tissues more effectively. Overly tense muscles can hinder the massage procedure, so if your muscles are extremely tight or stiff, the heated stones may provide the extra relaxation you need for the massage to be beneficial in releasing tension and easing sore muscles.

Pain Relief

While all types of massage can help relieve pain caused by tense muscles, stiff joints or injuries, a hot stone massage may provide greater relief due to the intense nature of the massage. Because the hot stones allow the massage therapist to penetrate deeper, you may find that a hot stone massage leaves you feeling physically better than a Swedish or deep-tissue massage that does not incorporate heat. It is important to let your massage therapist know if you feel that the heat from the stones is too much or that the pressure he is using is too harsh. Pain or discomfort during the massage process can cause more harm than good after the massage is over.

Improved Circulation

Typically, a massage therapist allows the heated stones to rest on trigger points in your body before beginning the actual massage. As the heat from the stones penetrates into your deeper body tissues, your blood vessels open, resulting in improved circulation. Poor circulation can lead to fatigue, which tenses the muscles, and a buildup of fluid and lactic acid in the muscles. Increased circulation delivers more oxygen to the muscles, which can help ease aches and pains.

Mental Benefits

Massage therapy can result in mental benefits as well as physical ones in many people. You may find that the relaxation afforded to you through a hot stone massage helps ease some of your mental stress and tension. A hot stone massage may also help you combat some of the symptoms of anxiety disorders and depression. While massage therapy is not a substitute for traditional medical or psychiatric care, it can be an integral part of your treatment plan.

Description of the Stones

The hot stones are usually made of basalt, a type of rock that is rich in iron, so they retain heat. River rocks are normally used because they are smooth - they are smoothed over time by the river current.

The stones are immersed in water and heated in an electric heater until they are within a certain temperature range. The placement of the stones is usually at specific points on the back, in the palms of the hand, or between the toes but may vary depending on the client's condition. The heat of the stones warm and relax the muscles, which allows the therapist to apply deeper pressure, if desired. The warmth of the hot stones improves circulation and calms the nervous system. Some massage therapists place stones on points that are thought to be energy centers of the body to rebalance the body and mind.

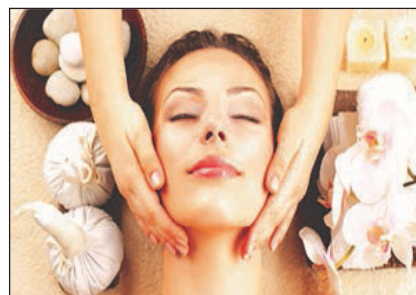
How Do the Stones Feel?

The hot stones are never rough. They are always flat and smooth. The hot stones used on the back are about the size of a large egg, only flat. The stones are heated in an electrical heater that either provides a temperature reading or has an adjustable thermostat control. The massage therapist always holds the stones first before touching them to your body, which ensures that the temperature will not be too hot. Everyone, however, has their own comfort range. Be sure to speak up if the stones are too hot for you. Cool marble stones are occasionally used during a treatment, particularly if there is inflammation.



5. Facials

A facial is a family of skin care treatments for the face, including steam, exfoliation, extraction, creams, lotions, facial masks, peels, and massage. They are normally performed in beauty salons, but are also a common spa treatment. They are used for general skin health as well as for specific skin conditions.



Our facial treatment will cleanse and soothe your face and make you feel newly born.

Basic Facial

Our basic facial will leave your skin feeling clean and refreshed. Perfect for first timers, your aesthetician will completely cleanse your face, analyze your skin for proper professional and homecare recommendations, provide a relaxing face/neck and shoulder massage, gently heat the skin by either steam or our ASCS Heat Mask, perform extractions if necessary, and finish with an appropriate mask for your skin type. Approx. 1 ½ hrs.



Classic Facial (for all skin types)

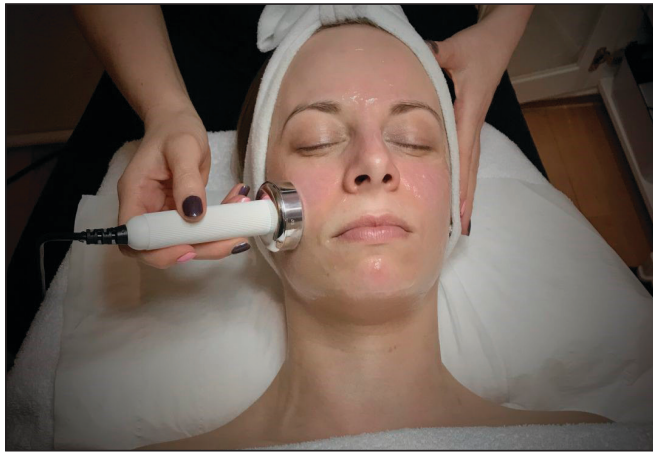
Deep pore cleansing facial includes cleansing steam extraction, high frequency disinfection, facial massage and facial mask. This facial targets specific problems such as breakouts, dehydration. Fine and lines. Once the skin is exfoliated and pores are open we will extract and squeeze the blackheads and whiteheads from your pores. Relaxing facial shoulder massage is performed at this time. To complete the facial we apply mask for 10 min. Facial masks come in many different skin care concerns. The mask helps tighten the pores and hydrate your skin. Protective facial cream is applied on the end of facial.

Caviar Anti-Ageing Facial

This anti-ageing treatment replenishes your skin with pure Caviar Extract and Pearl Extract. This luxurious clay thermal mask will improve elasticity, increase oxygenation of cells and the suppleness of the skin. Counteract the imprint of time and reflect a youthful complexion as it dramatically reduces facial expression lines and wrinkles.

Ultra-Sonic Lifting Facial

Non-invasive three step system that breaks up skin impurities and gently exfoliates allowing for deeper product penetration. Tones and tightens, suitable for all skin types. Approx. 1hr.



Dare to defy time with this super lifting facial. Designed to combat all the signs of aging specifically at 40 years of age and over, such as loss of firmness and pronounced wrinkles. Your complexion will glow, lines will be less noticeable and your skin will be firmer and smoother after just 1 treatment.

Microdermabrasion Facial

This is a facial combined with microdermabrasion. This custom clinical facial consists of cleansing and microdermabrasion to exfoliate the skin. Extractions are performed if necessary. Powerful antioxidants and vital nutrients are applied to nourish the skin and fight free radicals. A custom mask and facial massage will be created to address individual needs and skin types. This treatment leaves the skin smooth, radiant, and soft to the touch, while addressing fine lines, congested pores and skin brightening.

Rosacea / Sensitive Facial

This treatment is proven of delivering the results to those suffering from severe sensitivity, broken capillaries, rosacea and acne rosacea. This alleviating thermal clay mask provides soothing relief and visible results to dilated capillaries, congestion, blotchiness, and irritability. Comforting and healing ingredients such as: Rose, Green Tea and Chamomile, combine to properly decongest and calm your skin for an even, healthy appearance. Ideal for vascular skin conditions.

Vitamin C Facial

A potent blend of stabilized Vitamin 'C' combines with the latest high-tech formulation of freeze-dried Seaweed. Ideal for reducing fine lines, strengthening elasticity and providing relief for dull, sun-damaged skin. This refreshing, soft lift-off mask will restore a youthful appearance as the complexion is renewed, firmed and left extremely smooth, rendering the skin nothing but luminous. Recommended to delay the signs of ageing and to lighten and brighten a dull, sallow skin.



Enzyme

A retexturing mask that exfoliates the top surface layers of dead skin. Benefits include: an instant visible result, smoother skin, minimizes fine lines, is beneficial for all skin types.



Glycolic

Glycolic acid exfoliates and helps to reduce the appearance of fine lines, smoothens out rough texture, reduces hyper pigmentation, and helps to open up and dry out active acne. Using an AHA cream 2 weeks prior to treatment enhances treatment.

Ampoules

Botanical medicines and concentrated vitamin proteins that treat skin conditions. They fight free radicals to slow down the aging process and help to correct the visible signs of sun damage, aging, stress, and fatigue. They boost the skin's ability to hold moisture for a more supple, hydrated and toned appearance. "Vitamins for the skin".



Collagen Blanket Facial

A treatment including basic facial, enzyme, ampoule and collagen blanket which helps reduce fine lines and wrinkles by plumping up the skin. This is an exceptional hydrating treatment for mature, aging and dehydrated skin types. Approx. 1 ¾ hrs.

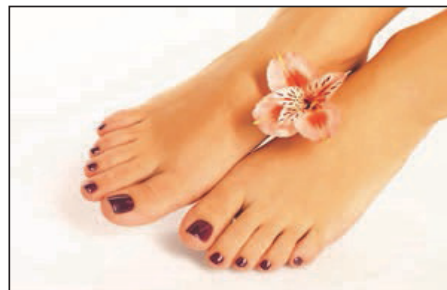


Back Facial

Treat your back to a cleansing, soothing massage, exfoliation, steam and mask. We will even extract any blackheads we come across to make your back perfect for summer or any time of the year. Great for those who suffer from back acne! Approx. 1 hr.



6. Pedicure & Manicure



Pedicure

It is a way to improve the appearance of the feet and the nails. It provides a similar service to a manicure. The word pedicure refers to superficial cosmetic treatment of the feet and toenails. A pedicure can help prevent nail diseases and nail disorders. Pedicures are done for cosmetic, therapeutic and medical purposes. They're extremely popular throughout the world, primarily among women.

Pedicures are not just limited to nails; usually dead skin cells on the bottom of feet are rubbed off using a rough stone called a pumice stone. Additionally, leg care below the knee became a common and now expected service included in pedicures. Leg care includes depilation via either shaving or waxing followed by granular exfoliation, application of moisturizing creams, and a brief leg massage.

Manicure

It is a cosmetic beauty treatment for the fingernails and hands performed at home or in a nail salon. A manicure consists of filing, shaping of the free edge, pushing (with cuticle pusher) and clipping (with cuticle nippers) any nonliving tissue (limited to cuticle and hangnails) from the nail plate, treatments, massage of the hand and the application of polish. When applied to the toenails and feet, this treatment is referred to as a pedicure.

Some manicures can include the painting of pictures or designs on the nails or applying small decals or imitation jewels. Other nail treatments may include the application of artificial nail gels, tips, or acrylics, some of which are referred to as French manicures. In many areas, manicurists are licensed and follow regulation. Since skin is manipulated and is sometimes trimmed, there is a certain risk of spreading infection when tools are used across many people and therefore, sanitation is a serious issue.



7. Foot Spa



Paraffin wax for feet & hands

A paraffin wax “dip” or “bath” is a soothing treatment in which the feet and hands are submerged in a warm mixture of paraffin, a petroleum-based wax, and mineral oil. This warming treatment soothes aching joints and improves circulation, and the combination of oil and wax softens rough skin. Massage therapists can use paraffin dips to relieve joint stiffness, while spas and salons often include them before pedicures and manicures. The wax, solid at room temperature, is heated to between 123 and 125 degrees in a foot or hand bath. The hands and feet are then submerged, either one at a time or together. After a few seconds, the hands or feet are removed from the bath and the wax hardens slightly when it hits room temperature air. The hands or feet are dipped three to six more times to form a thick layer of wax, and then allowed to dry for 10 to 15 minutes. The wax is then peeled or rubbed away and the used wax is discarded.



Foot bath using Sea salt

It is soaking both feet in a bubbling foot spa machine followed by thorough rinsing and brushing. This will help to remove old skin and calluses. Sea salt is mixed in the bubbling foot spa machine to intensify relaxing feeling on the feet. It moisturizes skin and reduces any inflammations and pain in

joints.



8. Waxing

Waxing is a form of semi-permanent hair removal which removes the hair from the root. New hair will not grow back in the previously waxed area for four to six weeks, although some people will start to see regrowth in only a week due to some of their hair being on a different growth cycle. Almost any area of the body can be waxed, including eyebrows, face, pubic area (called bikini waxing), legs, arms, back, abdomen and feet. There are many types of waxing suitable for removing unwanted hair. There are two types of waxing:

1. Strip waxing (soft wax)

It is accomplished by spreading a wax thinly over the skin. A cloth or paper strip is applied and pressed firmly, adhering the strip to the wax and the wax to the skin. The strip is then quickly ripped against the direction of hair growth, as parallel as possible to the skin to avoid trauma to the skin (i.e. , bruising, broken capillaries, ingrown hairs caused by hair follicle trauma and lifting of skin). This removes the wax along with the hair.



2. Strip-less wax (as opposed to strip wax)

It also referred to as hard wax, is applied somewhat thickly and with no cloth or paper strips. The wax then hardens when it cools, thus allowing the easy removal by a therapist without the aid of cloths. This waxing method is very beneficial to people who have sensitive skin. Strip-less wax does not adhere to the skin as much as strip wax does, thus making it a good option for sensitive skin as finer hairs are more easily removed because the hard wax encapsulates the hair as it hardens. The strip-less waxing method can also be less painful.



9. Laser Hair Removal

Permanently remove unwanted hairs with our laser hair removal. It is the process of removing unwanted hair by means of exposure to pulses of laser light that destroy the hair follicle. It had been performed experimentally for about 20 years before becoming commercially available in the mid-1990s. One of the first published articles describing laser hair removal was authored by the group at Massachusetts General Hospital in 1998. The efficacy of laser hair removal is now generally accepted in the dermatology community. Laser hair removal is widely practiced in clinics, and even in homes using devices designed and priced for consumer self-treatment. Many reviews of laser hair removal methods, safety, and efficacy have been published in the dermatology literature.

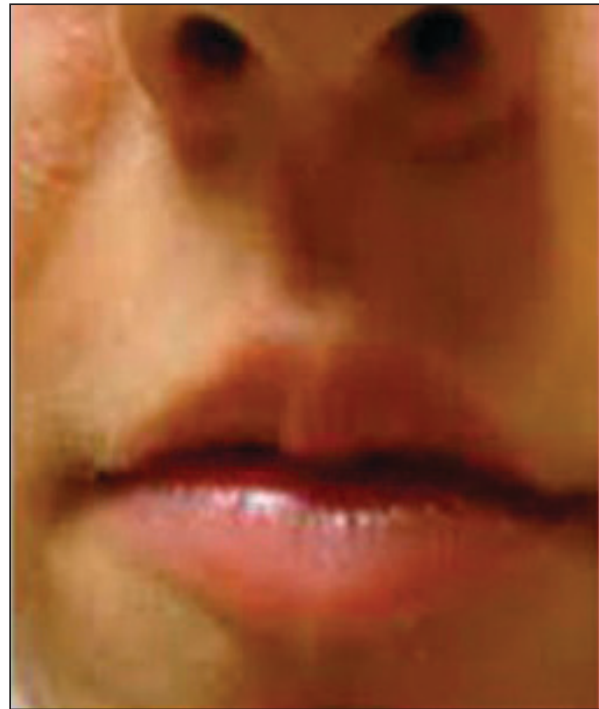
Number of sessions

Hair grows in several phases (anagen, telogen, catagen) and a laser can only affect the currently active growing hair follicles (early anagen). Hence, several sessions are needed to kill hair in all phases of growth.

Multiple treatments depending on the type of hair and skin color have been shown to provide long-term reduction of hair. Most patients need a minimum of seven treatments.

Current parameters differ from device to device but manufacturers and clinicians generally recommend waiting from three to eight weeks between sessions, depending on the area being treated. The number of sessions depends on various parameters, including the area of the body being treated, skin color, coarseness of hair, reason for hirsutism, and gender. Coarse dark hair on light skin is easiest to treat. Certain areas (notably men's faces) may require considerably more treatments to achieve desired results.

Typically the shedding of the treated hairs takes about two to three weeks. These hairs should be allowed to fall out on their own and should not be manipulated by the patient for certain reasons, chiefly to avoid infections. Pulling hairs after treatment can be more painful as well.



10. Hydrotherapy

Hydrotherapy is the use of water in the treatment of different conditions, including arthritis and related rheumatic complaints. Hydrotherapy differs from swimming because it involves special exercises that you do in a warm-water pool. The water temperature is usually 33-36°C, which is warmer than a typical swimming pool. Hydrotherapy tends to be different to aqua aerobics, which can be quite strenuous, as it's generally more focused on slow, controlled movements and relaxation. Spa therapy is based on the theory that the mineral content of spa water has special health-giving properties. In many European countries, hydrotherapy often takes place in spa water. Studies show that hydrotherapy has significant benefits regardless of the water used.



The therapy of underwater massage (Hydrotherapy) involves lying in a large tub of water. Water is taken from the tub and an internal pump used to create a high pressure stream that passes through a hose. Water healing is one of the oldest, cheapest and safest methods for treating many common ailments. We know for personal experience that water is not just for cleansing, but also for making us feel better.

The Benefit of Hydrotherapy:

- 1- This therapy is very beneficial, as it can restore balance and harmony to your body. The warm water that is used in the therapy makes your body feel less tensed and stressed.
- 2- It has strong tonifying effect which makes it become an ideal treatment to fight against cellulite and firm the skin tissues. For century's people have healed themselves with natural powers of water, heat and massage.
- 3- The massage can enhance the health of your skin as well as the deeper layers of your muscles, joints, and internal organs. As such, it can increase muscle elasticity and joint mobility.
- 4- The therapeutic benefit of the underwater massage comes from the relaxing effect of warm water, applied at variable force on the muscles, particularly on deep-lying muscle layers, subcutaneous tissues, skin and the abdominal organs.

5- It is also effective in improving your blood and lymph circulation, making the tissues and organs in your body healthier. Additionally, underwater massage can be performed to treat minor aches, pains, and injuries.



The stimulating action of water and its absorption into the skin offers many benefits for: wellness, stress reduction, pampering. It's ideal for: muscular relaxation, circulation encouragement, reduction of the increased release of stress hormones, creating an element of psychological and physical comfort.

In addition to the regular Hydrotherapy, we will provide:

Aroma Hydrotherapy Treatment with use of different types of herbs.

Mud Hydrotherapy with use of a black mud.

The regular price is \$199 for 1.5 hour.

Note: You don't have to be able to swim to benefit from hydrotherapy. The pool is usually quite shallow (about chest height), so you can exercise well within your depth.

Working up a sweat in Hydro-Massage

Paradise Wellness offers a variety of Hydrotherapy services that uses water in treatment to relieve pain and promote physical well being. A number of therapeutic treatments and approaches draw upon the healing properties of water for pain relief, making use of the body's reaction to hot and cold stimuli. Cold water is used to stimulate and invigorate, increasing the body's internal activity, whereas warm water is used to calm and soothe, slowing it down. Alternating between hot and cold water treatments can help to heal injuries, enhance various bodily functions and reduce any inflammation.

Health Benefits of Hydro-Massage

Minimises Aches and Pains:

The warmth of the water relaxes muscular spasm which is commonly found in close proximity to the area of pain. Vasodilation, which is the widening of blood vessels, also helps in increasing circulation in the area of discomfort which ultimately helps in accelerating the healing process.

Gains Strength:

Hydrotherapy can help strengthen weak musculature. Different exercises can be undertaken in water and the type of exercise prescribed will vary according to the condition or injury being treated. Resistance provided by the water itself helps to strengthen weak musculature. Exercises can be progressed by increasing the speed of movement or by increasing surface area by introducing various special forms of floats.

Increases flexibility:

The increased temperature of the water helps in relaxing tight musculature with the resulting increase in range of movement of any particular joint. This will help the user to feel more mobile and flexible.

Improves General Fitness:

Physical fitness can be described as a measure of the body's ability to function in an efficient and effective manner during daily activities without undue fatigue. This can be achieved through appropriate nutrition, sufficient moderate to high intensity exercise and adequate amounts of rest. Exercising within a hydrotherapy pool can help in achieving the goal of being physically fit in a safe, professional and enjoyable environment.

Improves Balance with consequent decrease in risk of falls:

Water is a moving body. This makes it a very useful tool to challenge and retrain balance, with the ultimate benefit of reducing the risk of falls. Scrubbing with a loofah or exfoliating gloves immediately after steaming will remove any dead, dry skin which has accumulated, leaving skin glowing, smooth, and soft.



11. Private Rooms & Jacuzzi

Within Paradise Wellness we have Private Rooms for loved ones, friends or family. These rooms contain a sauna cabinet, a washroom and shower and can hold up to 4 people.

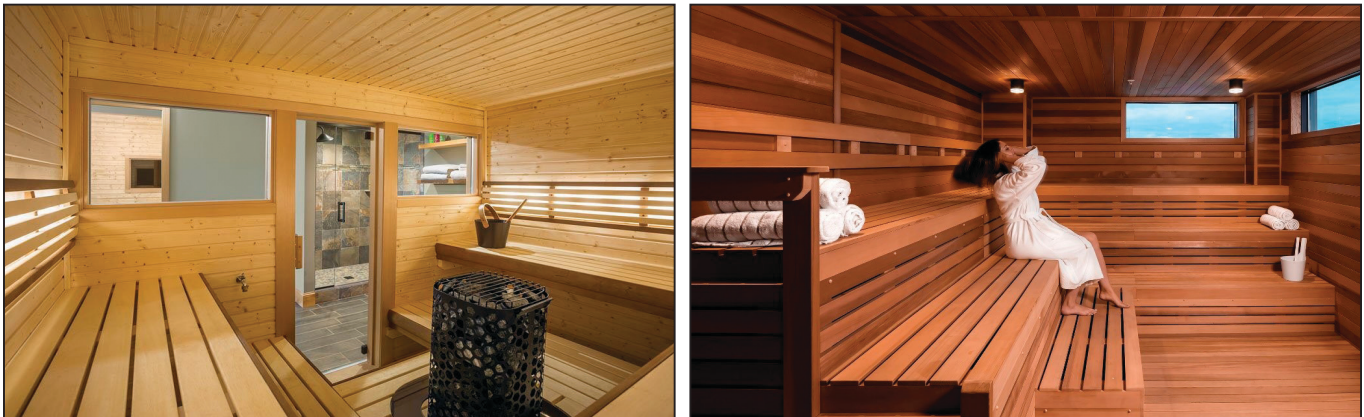
Relax in a comfortable Jacuzzi. We have 2 private rooms with jacuzzi, sauna, shower, washroom, TV, life plants and a fridge with drinks and snacks. Customers can call the manager any time and order food.

The price for 1.5 hr is 149\$ for the main person and \$49 for each additional person.

In the Private Room services such as facials, massages, manicure, pedicure and more can be provided. All can be done without having to exit the Private Room. The sounds of waterfall, relaxing music, and decor can easily transform you into the Paradise you well needed and deserved.

12. Sauna

A sauna is a small room or building designed as a place to experience dry or wet heat sessions, or an establishment with one or more of these facilities. The steam and high heat make the bathers perspire. Saunas can be divided into two basic types: conventional saunas that warm the air or infrared saunas that warm objects. Infrared saunas may use a variety of materials in their heating area such as charcoal, active carbon fibbers, and other materials.



As with any kind of massage, the benefits of a relaxation massage can last for several days after your treatment. Relaxation massage, like other forms of massage Sauna can offer the following benefits:

1. Saunas relieve stress.
2. Saunas relax muscles and soothe aches/pains in both muscles and joints.
3. Saunas flush toxins.
4. Sauna cleanses the skin.

5. Saunas can induce a deeper sleep.
6. Saunas bring about recreational and social benefits.
7. Saunas improve cardiovascular performance.
8. Saunas burn calories.
9. Saunas can help fight illness.
10. Saunas just feel good.

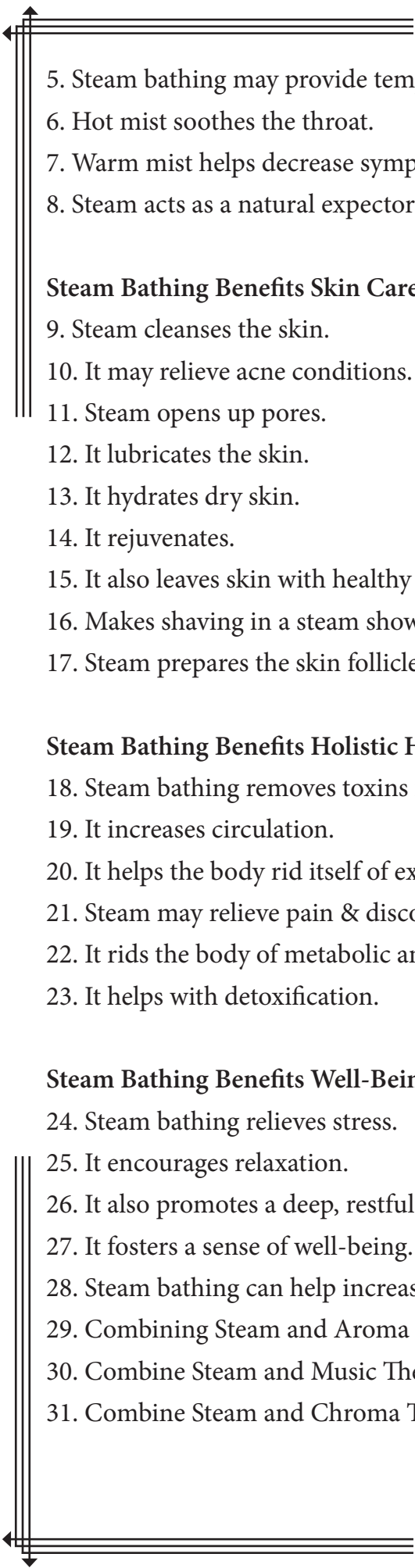
13. Steam Cabinet



The Steam Sauna Pro is the ultimate in steam therapy luxury. It can come fully compatible with ozone therapy and is easy to move and easy to clean. Steam therapy has a wide range of benefits including skin hydration, relief from respiratory conditions, improved skin and body tone, a boosted immune system and more.

Steam Bathing Benefits for Respiratory Health

1. Steam bathing improves breathing; it opens up nasal passages related to the symptoms of allergies.
2. It improves breathing, opening up nasal passages related to symptoms of viruses.
3. Hot mist helps to promote sinus drainage.
4. Hot mist helps to loosen bronchial secretions.

- 
5. Steam bathing may provide temporary relief of asthma-type symptoms.
 6. Hot mist soothes the throat.
 7. Warm mist helps decrease symptoms due to croup.
 8. Steam acts as a natural expectorant.

Steam Bathing Benefits Skin Care

9. Steam cleanses the skin.
10. It may relieve acne conditions.
11. Steam opens up pores.
12. It lubricates the skin.
13. It hydrates dry skin.
14. It rejuvenates.
15. It also leaves skin with healthy glow.
16. Makes shaving in a steam shower easier.
17. Steam prepares the skin follicles for easier waxing.

Steam Bathing Benefits Holistic Health

18. Steam bathing removes toxins from the body.
19. It increases circulation.
20. It helps the body rid itself of excess sodium.
21. Steam may relieve pain & discomfort of arthritis.
22. It rids the body of metabolic and other waste products.
23. It helps with detoxification.

Steam Bathing Benefits Well-Being

24. Steam bathing relieves stress.
25. It encourages relaxation.
26. It also promotes a deep, restful sleep.
27. It fosters a sense of well-being.
28. Steam bathing can help increase the length of REM cycles during sleep.
29. Combining Steam and Aroma Therapy.
30. Combine Steam and Music Therapy to manage stress.
31. Combine Steam and Chroma Therapy to enhance your mood elevation Steam-

Bathing Benefits Physical Wellness.

32. It increases blood circulation.
33. It boosts metabolism.
34. It helps to reinvigorate tired muscles.
35. It removes lactic acid from overworked muscles.
36. It increases muscular flexibility (which is great for stretching).
37. On average, you will burn 150 calories in a 15-minute steam bathing session at 114 degrees F.

Benefits of Sauna and Jacuzzi

Dilates blood vessels improving circulation.

Achieves a better and deeper sleep.

Helps balance the subsystems of your autonomic nervous system.

Can help people with arthritis have better movement and less pain in their joints.

Therapeutic way to relieve stress and anxiety.



14. Salt Cave

This room contains salt lamps, comfortable lying mats and free space to organize yoga classes, massages with salt stones, stretching, healthy spine classes and other silent activities. This room contains salt lamps, comfortable lying mats and free space to organize yoga classes, massages with salt stones, stretching, healthy spine classes and other silent activities.

2 hrs every day can be used for a dance class (9am-11am). All the classes will be available for free.

There will be 1 hour Himalayan Salt Sleep Therapy after lunch.

Customers can lay down on the carpet inside the Salt Cave with a herbal pillow and eye massager and they relax with music (\$49 +tax).

Evening hours can be used for special couple salt stones massages (\$199 +tax per person or \$299 +tax per couple for 1 hr).

The salt cave can be also used for group meeting purpose (\$199 +tax for 1 hr with drinks and snacks).

Waitress and necessary tools like sound system, internet and multimedia projector will be provided.

There will be a small drink and food bar inside.

During group meetings the floor will be covered with carpet and our guests will be sitting on the floor on the comfortable poufs.

No shoes and socks allowed in the Salt Cave Zone.

Himalayan salt has strong antibacterial and antifungal properties, making it a great natural treatment for athlete's foot and any complications it could cause. It may actually inhibit the growth and spread of athlete's foot.

Salt cave

Salt therapy was discovered in the mid 18th century by Polish health official named Felix Botchkowski. Salt therapy was originally discovered as Speleotherapy or cave therapy, 'Spelenos' being the Greek term for 'cave'. Felix Botchkowski found that salt miners in Poland had not experienced lung-related ailments such as asthma, pneumonia, or chronic bronchitis. Even miners who had respiratory disease before they began working in the mines felt better and had fewer symptoms as they spent more and more time in the caves.



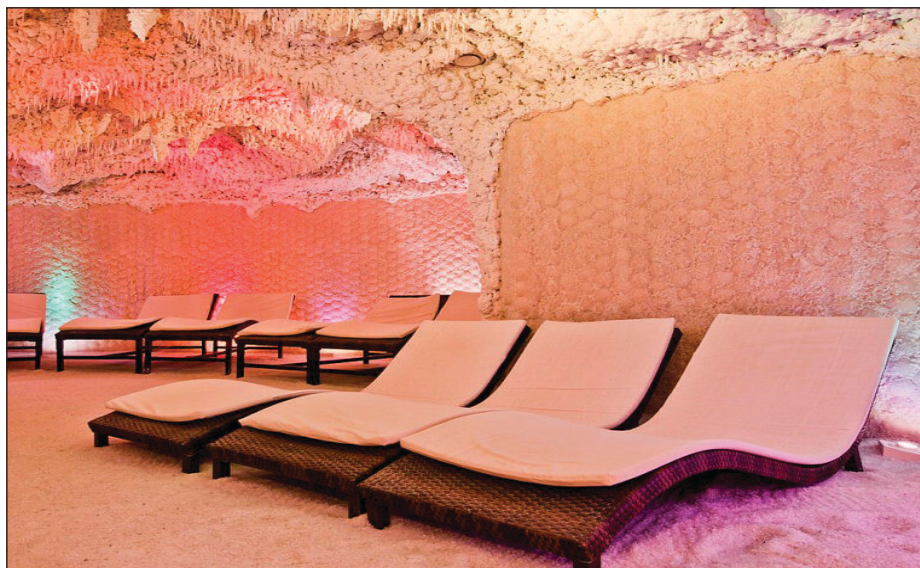
Felix Botchkowski published a book in 1843 on his findings. His predecessor Mstislav Poljokowski founded the first Salt Spa in Velicko, which is still in operation today. Speleotherapy is the treatment of respiratory diseases, as well as some skin diseases, utilizing salt-rich air in underground caves. Natural salt microns and ions have been proven effective in calming an agitated respiratory track. Salt has a natural anti-inflammatory effect; it reduces swelling and edema in the air passages, making it less difficult and less painful to breath. Inhaling the salt-saturated air destroys fungus and bacteria in the mucosal lining of the respiratory tract. Breathing the salted air thins the mucous in the lungs so it is more easily expectorated. It has also being proven to remove remaining tar from the lungs of smokers. The salt ions produce a negative electrical charge in the air, which improve mood, reduce stress and anxiety, decrease fatigue, and have many other curative effects. During a treatment, the patient is allowed to relax in the salt cave for the duration of the session. Each session last from twenty to forty five minutes, and is repeated daily for up to fifteen days. Treatments are recommended up to three times per year.



Speleotherapy treatments are typically not private; patients usually can share a treatment cave with as many as thirty other individuals. Outside the caves, salt therapy is called Halotherapy. It comes from the Greek word 'halos', a term meaning 'salt'. Halotherapy is essentially a replication of Speleotherapy, using a dry aerosol spray to coat the walls and ceiling of a room. Man-made salt rooms allow the opportunity for a private session, but larger salt room are built to accommodate many more patients. Speleotherapy and Halotherapy have been effective in reducing symptoms in many areas of health. Although treatments are most used to remedy lung-related disorders, salt has also been used to care for skin conditions, anxiety, stress, ENT illnesses, and has been utilized to improve the immune system.

Conditions that are treated with salt include, but are not limited to:

- Asthma
- Allergic colds, Hay Fever and Rhinopathy
- Chronic bronchitis
- Sinusitis
- Frequent viral infections
- Frequent ear infections
- Chronic Obstructive Pulmonary Disease
- Smoker's cough
- Tonsillitis
- Snoring
- Psoriasis
- Eczema
- Stress and anxiety disorders
- Insomnia
- Arthritis
- Cystic Fibrosis
- Inflammation diseases of the intestines, ulcerative colitis, Crohn's disease, stomach and duodenum ulcers, irritable bowel syndrome
- Ischemic heart disease, hypertension, vascular diseases
- Degenerative and inflammatory rheumatism
- Vegetative dystonia
- Neurotic disorders, depressions, chronic fatigue syndrome, stress disorders
- Hypothyroidism



Salt therapy falls under the class of physical therapies. It is a non-invasive, natural therapy without the side effects of drugs normally used to treat these ailments, such as corticoids or steroids. The absence of these drugs allows this treatment to be safe for pregnant women, and even very young children. Children that receive this therapy inhale a lower concentration of salt air. An easy way to integrate salt therapy into a massage practice is with salt lamps. Although the salt lamp isn't nearly as strong as an underground Speleotherapy treatment, it still reproduces similar effects. In addition to having curative factors, salt lamps also add a relaxing ambiance to a room. Utilizing air ionizers could also be a medicinal addition to the atmosphere of a massage practice. ” Salt lamps are also an easy way to change the electric charge in the room. The heat from the light bulb or candle inside the lamp sends off the negatively charged salt ions. This cleans the air in the room. The salt ions cling to airborne allergens making them heavy, allowing them to fall out of the air so they don't get breathed in. The negative ions improve mood and reduce stress and anxiety.



15. Turkish Bath (Hammam)

Clean and soothe your skin in an authentic turkish hammam. Welcome To Our Turkish Bath (Hammam).

Turkish Bath Hammam takes 1.5 hour

-45 minutes for scrub and bubble massage

-45 minutes for sauna, steam, shower and changing

The regular price for Hammam is \$199 for 1.5 hour for one person.

The price for groups (4-10 people) is \$149 per person

Operation hours: 9am – 9pm with the rotations between Woman and Man group every 2 hrs.

Regulations for the Public Hammam:

1. Available for male and female in our operation hours.
2. Customer should keep the underwear on, at all times.
3. All the supplies and cleaning stuff have to be available inside the hammam (towels, scrub, materials, cleaning supplies.)
4. No phones allowed at the hammam zone.

Why Is It Recommended?

A Turkish bath is a hot steam hydro-therapy treatment which has a miraculous effect on both the mental and physical state of everyone. A Turkish bath is an excellent stress-buster too, thanks to the soothing and all-round relaxing effect the hot steam has on both body and mind. A Turkish bath is an ideal antidote to all those tensions that build up over the working day, banishing every kind of stress. The sense of wellbeing generated by the steam bath is not limited to only the psyche.

Don't Miss The Astonishing Benefits Of A Turkish Bath!

The first action of the heat is that it dilates the blood vessels which immediately improve the circulation, producing a positive tonic effect.

The pores in the skin also dilate making possible deep cleansing of the skin and thorough purification, all of which translates into softer, more elastic skin with a great glow.

The beneficial properties of a Turkish bath can also help people suffering from localized aches and pains.

The heat helps to shift lingering cold symptoms. Toxins such as salt, alcohol, nicotine, cholesterol, heavy metals and other invasive organisms are expelled as the body heats up in the Turkish bath, as if basking in an artificial health-giving fever.

- More about Turkish Hammam
- Entering the Hammam will be found with 2 changing rooms, the Hammam Stone plate, showers and saunas.
- Available to stay up to 2 hours.
- Shorts are provided when getting ready in the change room. Washrooms are available inside Hammam.
- Available to use saunas, steam cabinet and showers either before or after Hammam
- The first step, cleansing the body with hot water and soap.

- A natural scrub to remove any bacteria or dead skin cells from the body.
- Finishing off a bubble massage and hot water to remove the access scrub or soap.



Working up a Sweat in a Turkish bath

You're taken to a warm, humid room with a raised stone platform (goebektas) in the center, surrounded by bathing alcoves, in pretty colored quartz tiles. The tiles remove static electricity from the air, and help to relax the mind and body. The light, diffused through glass in the ceiling is soft and relaxing. You lay or sit on the platform, which is heated, and work up a sweat. The attendant then leads you to one of the basins, and you're scrubbed cleaner than you ever have been, and again. They use a coarse mitt to remove layers of dead skin, then comes the soap. Then they use a lacy cloth, like an icing bag, and blows through it to create bubbles so you're covered from head to toe with white frothy bubbles. For the massage you go back to the stone platform, and it might be a bit rougher than a traditional Swedish massage. After the massage you are handed towels and then taken to the cool room to cool down and drink tea.



Health Benefits of Turkish bath

- An elevated body temperature, which works as a fever to boost immunity by increasing white blood cell production.
- Heavy sweating, which helps eliminate toxins, chemicals and other impurities from the skin.
- Increased heart rate, blood circulation and metabolic rate.
- Looser, relaxed muscles after exercise.
- Relief for stress, tension and high blood pressure.
- Sense of mental well-being and rejuvenation.
- Alleviate congestion, inflammation, and coughing brought on by allergies and other respiratory conditions. Steam inhalation loosens mucous and other secretions, and helps reduce spasmodic breathing.
- They are also used to treat pain and inflammation, rheumatoid arthritis, fibromyalgia, high blood pressure, and muscle and soft tissue injuries.
- Open skin pores and release trapped oils and dirt.
- Increase blood circulation to the skin.
- Relax tense facial muscles.
- Loosen dead, dry skin which makes exfoliation easier.
- Promote a clear complexion.

Our Clinic

Everyone experiences aches, pains, and injuries exercisers and non-exercisers alike and while rest is frequently a necessary component of the recovery and healing process, we frequently don't need to stop exercising altogether. We must devise inventive strategies to combine exercise with resting an injured or sore body part in order to maintain the exercise habit. Our physical therapist and other clinical experts can collaborate to incorporate your recovery plan and rehab exercises into your clinic exercise program. We can assist our members as they get ready for medical procedures. Your recuperation will go more smoothly and quickly the more fit you are before surgery. Our team of experienced professionals are dedicated to helping you achieve optimal health and wellness by providing top-notch Physiotherapy, Chiropractic Care, Acupuncture, Registered Massage Therapy, Naturopathic treatment, and Osteopathy services.

WHAT KINDS OF SERVICES WE ARE OFFERING?

- Individual counseling appointments and Health-related workshops and groups
- Chiropractic Care

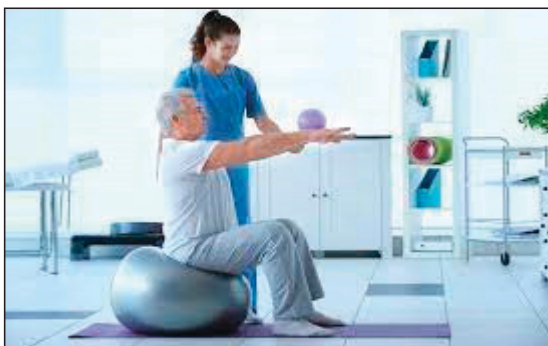
- Massage Therapy
- Physiotherapist
- Registered Dietician
- Wellness Education: health promotion, training, and peer support

WHAT WE DO

We offer a variety of natural therapies to help you improve your physical and mental well-being, including:



Physical therapy (also known as physiotherapy) is a health profession that assesses and provides treatment to individuals to develop, maintain and restore maximum movement and function throughout life. This includes providing treatment in circumstances where movement and function are threatened by aging, injury, disease or environmental factors. Physical therapy is concerned with identifying and maximizing quality of life and movement potential within the spheres of prevention, treatment/intervention, and rehabilitation.



In our clinic we help our patients return to an active lifestyle through both passive and active treat-

ment techniques. We also encourage our patients to take charge of their health by teaching them techniques for pain relief, injury prevention, and improved physical movement. Our treatment programs are designed to address the individual needs of each patient. Specific treatment programs are also offered for the following:

- MVA (Motor Vehicle Accident) injuries Whiplash
- Neck & Back Pain
- Workplace Injuries - WSIB (Workplace Safety and Insurance Board)
- Sports injuries
- Postural problems
- Arthritic conditions
- Foot injuries and foot related problems
- Lower back pain and injuries
- Repetitive Strain Injuries
- Laser & Ultrasound Therapy
- Therapeutics
- Active / Passive Physiotherapy
- Gymnastics Collective
- Group exercise at the gym, taking into account the disease. During the course they used numerous utensils.

Collective gymnastics in the pool

Group exercises in water. Water due to its physical properties gives the weight off the joints, while resistance to the muscles. There is also the possibility of individual swimming.



Passive Exercises

The exercises are performed by the therapist to maintain the mobility of the joints of the patient. It is simply defined as the manipulation of the body or a limb (e.g. leg) without voluntary effort or muscle contraction. The aim of passive exercises is to maintain the efficiency of the ligaments, muscle, joint, and maintaining their respective length, flexibility and mobility, prevent bedsores.



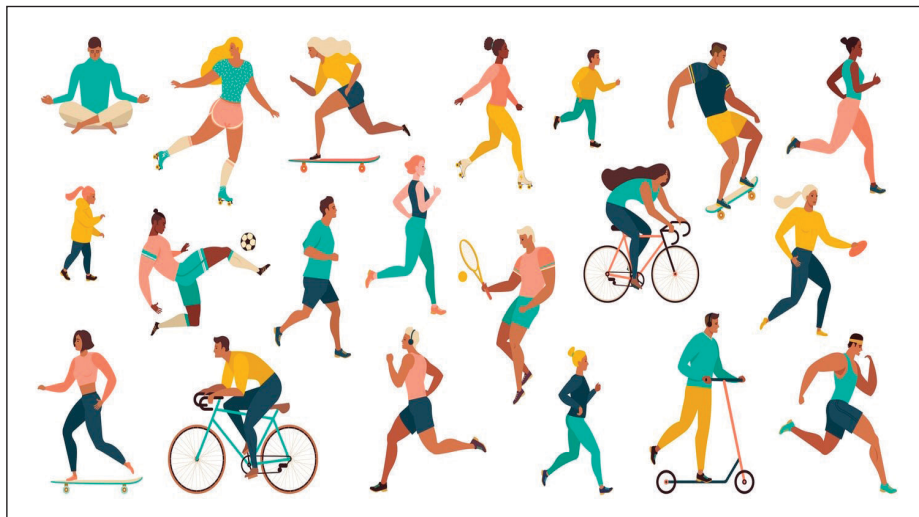
Active Assisted Exercises

These exercises are the one in which assistance is provided by an outside force, either manual or mechanical when muscle strength is inadequate to complete the motion. Sometimes it is necessary to use assistance in starting a movement. These exercises are mainly strengthening weak muscles and movement patterns of memory formation.



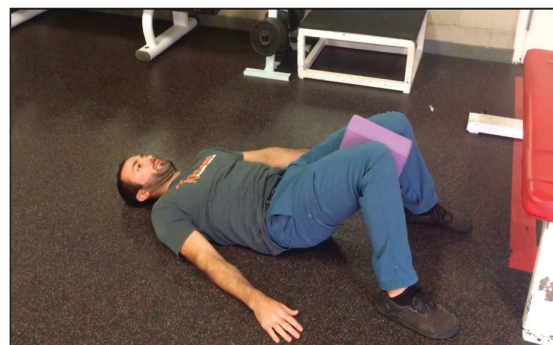
Active Exercises

Active exercises are performed automatically by the patient, and can be done with or without overcoming the force of gravity.



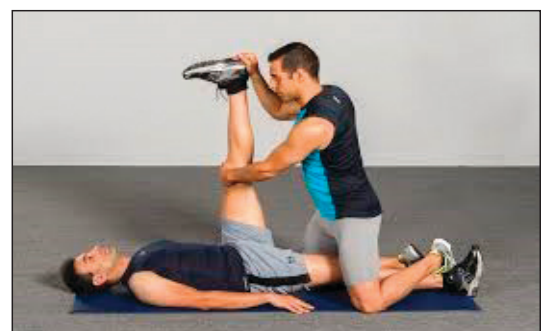
Isometric Exercise

Active muscle contraction without changing the length of the muscle fiber with a minimal motor effect. Isometric prevents muscle atrophy, helps gain strength, and maintain the activity of the immobilized part within the body section. It can be in the early stages of any rehabilitation plan.



PNF

PNF is a form of stretching designed to increase flexibility of muscles and increase range of movement. PNF is a progressive stretch involving muscle contraction and relaxation. The main goal of therapy is the use of muscle strength and range of motion to improve the function, the patient needs. PNF can be of benefit to individuals recovering from muscle damage as part of treatment. It can also help healthy individuals to increase flexibility and range of movement.



UGUL

Universal cabinet improving medicinal allows the rehabilitation of the musculoskeletal system, thanks to the improvement of therapeutic and physical exercises. Universal Cabinet of Improving Characteristics is meant for treatment of afflictions of motor organs with the use of physical activity and treatment. The UGUL cabin for exercises and suspensions is destined for individual kinesiotherapy or with few other patients at the same time. It uses a total suspending, active exercises in relieving and active resistance and with the use of the pulley and weight system.



REDCORD

The RED CORD system was first introduced in Norway in 1991, and is now used by physiotherapists and doctors in over 20 countries to promote rehabilitation, functional strength training, and injury prevention.

Red cord is a suspension system designed in Norway which uses ropes, slings, bungees and pulleys to suspend you for movement analysis. Used for diagnosis, treatment and providing the possibility of carrying out various types of training.





It allows you to achieve the effects of painkillers, relaxants, increases joint flexibility and stabilizes the muscles. Use of Red Cord equipment leverages a unique treatment method called Neurac, which is short for “neuromuscular activation”. Through the use of ropes and slings that off-load a patient’s body weight, targeted movements and exercises can be performed in a pain-free fashion to restore normal, functional movement patterns.

BOA MASSAGE

BOA lymphatic drainage is based on the use of a control unit with integrated cuffs that are applied to a selected part of the body, e.g. legs, arms or stomach. During the massage, the designated machine forces air into special chambers in the cuff, and then releases it at an appropriate time interval. As a result, it allows to create a precise pressure of vascular and lymphatic structures, which effectively stimulates the natural circulation in the body. Due to which excessively accumulated or unnecessary metabolic products are easily drained away from the tissues.

The massage done by a BOA apparatus is a wonderful way to model the legs, hips, buttocks, arms and get rid of cellulite and sagging skin. During the treatment a delicate direct pressure is applied on

ankle joints, calves, knees, buttocks up to the waist.



This kind of massage has a slimming effect, increases the excretion of water retained in the body, complemented by rehabilitation after injuries and contusions, edema of limbs even after mastectomy prophylactically venous insufficiency.

BOA Massage is advised for people:

- With deeply advanced cellulites,
- For shaping of legs, hips and buttocks
- Patients with blood circulation problems
- Having varicose veins
- Training intensively (gym, short exertions)
- Performing standing or sedentary jobs
- People with slouch legs



Laser therapy

Laser Therapy is the application of red and infrared light over injuries to improve soft tissue healing resulting in relief if acute and chronic conditions. Laser therapy uses monochromatic light emission from a high intensity super luminous diodes to treat musculoskeletal injuries, chronic and degenerative conditions to heal wounds.

The radiation produced by the laser bio-stimulation has medicinal properties. Applying a laser beam gives analgesic effect, it increases the production of endorphins and increases the regeneration of tissues in the body. The laser is meant to eliminating inflammation, to achieve the analgesic effect, and improve metabolism.



How Does Laser Therapy Work?

When a cell is working to repair itself, it needs a great deal of energy. Most cells continue to work at their usual rate, which is why repair of some tissues takes so long.

In some instances, the cells stay so busy dealing with inflammation and bi-products that are present in the injured tissue; they don't have enough energy left to provide effective repair. With the use of

lasers the cells are stimulated and their activity is increased so that they can perform better, faster and more effectively. The result is enhanced wound and injury healing in a shorter period of time.

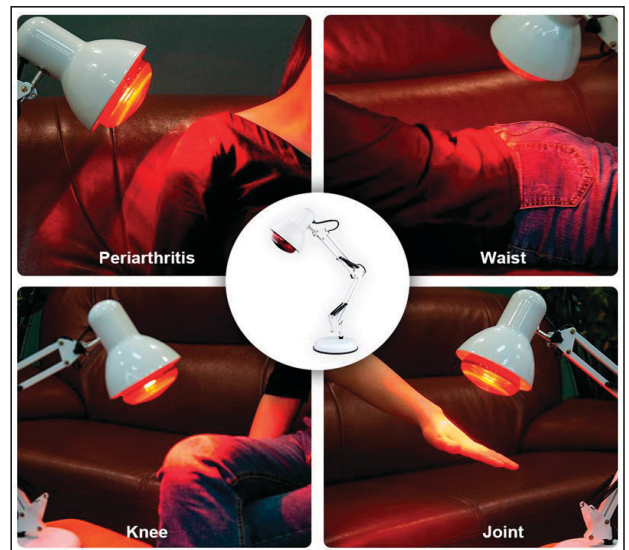
Purple or blue filter: which reduces infrared rays reducing the heating effect. It has analgesic, anti-inflammatory, antipruritic and neuralgia effects. This filter also generates less heat. The blue or violet filters are used in neural pain, in treatment of the effects of injury, in frostbite, hyperesthesia and vasomotor disorders.

Red Filter: are used in treatment of soft tissue inflammation, bad wounds, furuncles, herpes zoster, exudations after overdose of UV rays, for osteoarthritis, promotes resorption of edema, also used with poorly healing wounds, produces more heat.



Description of the treatment:

The patient assumes a comfortable position and uncovers the areas that are to be irradiated. Before the treatment the therapist makes sure that the patient does not have sensory deficiency. The patient should wear protective glasses during the treatment. The treatment last about 20 minutes.



Contraindications:

- Cancer,
- Cardiac failure,
- Atherosclerosis,
- Overactive thyroid,
- Tendency to bleeding,
- Acute inflammation,
- Fevers,
- Active pulmonary tuberculosis

2. BIOPTRON

The Bioptron light therapy system is a worldwide patented light therapy medical device with a specific optical unit emitting light that is similar to the part of the electromagnetic spectrum produced naturally by the sun but with no UV radiation.

BIOPTRON Light Therapy can act in a natural way by supporting the regenerative and rebalancing capacities of the body and therefore help the body release its own healing potential.

Based on the optical wavelength of the infrared component without the presence of UV light. The overall impact of radiation on the human body consists of strengthening the metabolism, stimulate hematopoietic function, increase the body's resistance to infections, stimulate the endocrine glands, and the impact of desensitizing agents.

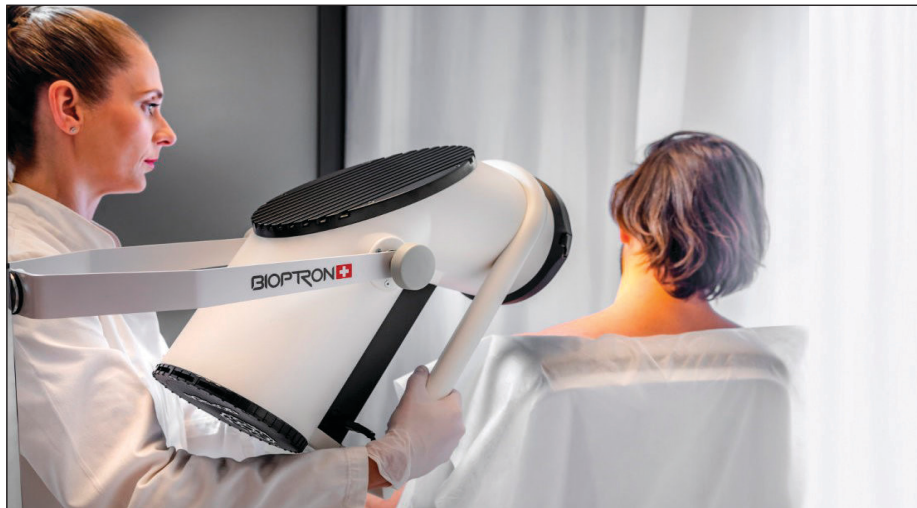




Indications

BIOPTRON alleviates pain and disability in patients suffering from various forms of rheumatism like Osteoarthritis, Rheumatoid arthritis (chronic) and Arthrosis.

- Low back pain
- Shoulder and neck pain
- Carpal tunnel syndrome
- Scar tissue
- Musculoskeletal injuries



Can also be used to treat skin conditions like: Acne / Acne Rosacea

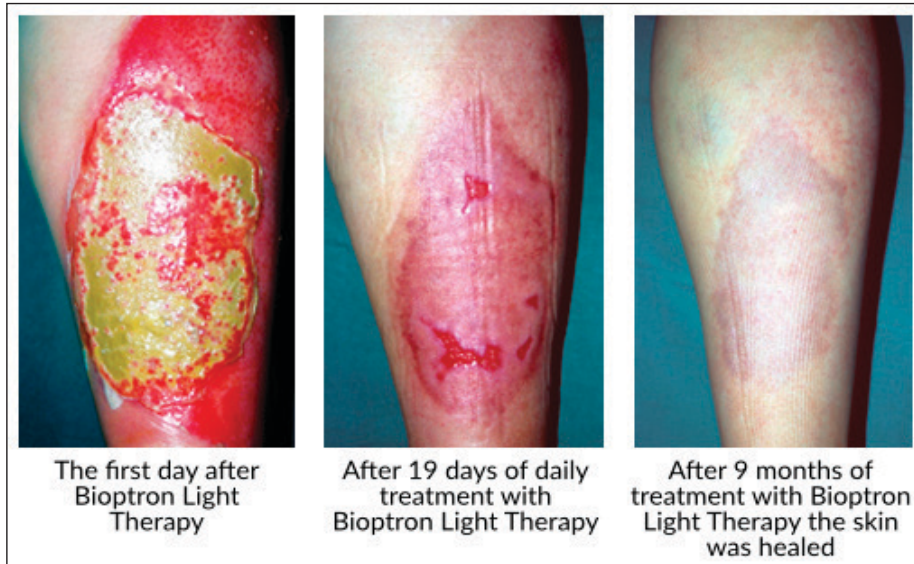
- Eczema
- Psoriasis
- Atopic Dermatitis

- Herpes Skin Infections



BIOPTRON Therapy can be used as complementary therapy for wound healing in the following indications:

- Wound healing after trauma
- Burns
- Skin graft healing
- Wound healing after surgery
- Venous leg ulcers (stasis ulcers)
- Decubitus (pressure ulcers)



Thermotherapy & Cryotherapy

Hot and cold therapies are widely used to treat muscle pain and sports injuries. The application of heat or cold to an injury or area of pain is a traditional remedy.

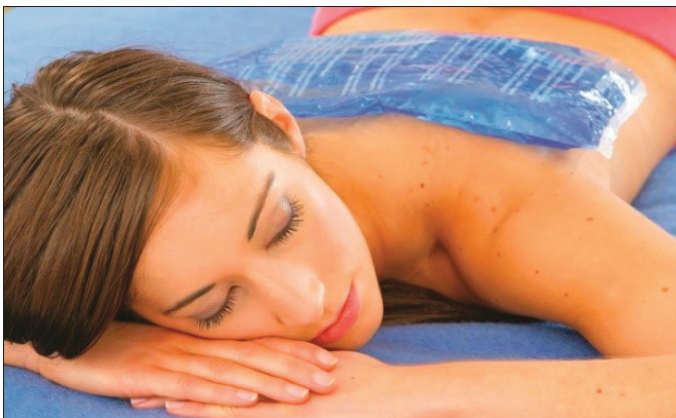
Thermotherapy is the application of any substance to the body that increases tissue temperature. This results in improved blood flow, tissue metabolism and connective tissue extensibility. Increased

blood flow facilitates tissue healing by supplying protein, nutrients and oxygen at the site of injury. Thermotherapy is the delivery of heat to the tissues to treat either by using dry or wet agents, or the use of methods to generate heat in the tissues.



Key points

- Thermotherapy and cryotherapy are typically used to treat muscle-related pain.
- Cryotherapy should be used immediately after injury, whereas thermotherapy should only be used when inflammation has reduced.
- Both treatment options should be used with caution in patients with circulatory problems or diabetes.



KRIOSAN

Rehabilitation and injury treatment is achieved either by applying low temperatures throughout the body (Whole-Body Cryotherapy) or locally at a selected point in the body (Local Cryotherapy). Local Cryotherapy is essentially the application of low temperatures at -150°C at a specific point in the body. This type of treatment is used to awaken and make use of the physiological reaction of the body at low temperatures. Kriosan is the epitome of technology with regards to local cryotherapy. KRIOSAN is a device for performing local cryotherapy treatment using liquid nitrogen as a cooling

agent. Cryotherapy involves placing a local area of the body in the fumes of nitrogen at a temperature in the range -80 to -150 ° C coming from the nozzle. The treatment relieves pain by inhibiting mediator release and the reduction of pain. In addition, anti-inflammatory, reduces swelling, in addition to not burdening the circulatory system.



Thermotherapy	Cryotherapy
Increases circulation, bringing more blood to the area. This provides more oxygen and nutrients, giving muscles more energy	Reduces blood flow to injured area to help prevent bleeding and swelling
Warms connective tissue (muscles, tendons, ligaments) allowing them to stretch and move more easily which helps prevent injury	Helps alleviate the pain of delayed-onset muscle soreness (DOMS), which happens 24–48 hours after exercise
Provides pain relief	Provides pain relief
Used as part of pre-game warm up routine	Used as soon as possible after injury
Once injuries have recovered, used to help remodel tissue and promote faster healing	Used after exercise to assist with a cool down routine
Not used in acute injury	Used for up to two to three days after injury. It can be used up to 10 days (if there is still heat or swelling continue to use cooling)
Not uses after activity, especially if activity has caused pain, swelling or heat	Always remember PRICE – protection, rest, ice, compression, elevation
Never used where there may inflammation (it will increase blood flow)	Not used before or during sport

Magneto therapy

The treatment involves the use of magnetic fields for therapeutic purposes. The magnetic field penetrates through the body in contrast to other forms of energy. Increases soft tissue regenerative processes, accelerating the process of formation of bone healing, healing of wounds and fractures. Moreover, it has anti-inflammatory, analgesic and anti-swelling. By magnetic fields do not get the heating of tissues.



Ultrasound / Sonoterapia

Ultrasound therapy is a non-invasive treatment in which sound waves are used to penetrate soft tissues, increasing blood flow. Therapeutic ultrasound is a treatment tool used by physical and occupational therapists. Ultrasound causes improved microcirculation, increased membrane permeability, improving tissue respiration and stimulating the metabolism of cells, changing the pH of the tissue, increased pain threshold and increase extensibility of collagen fibers, increase joint mobility, muscle relaxation.

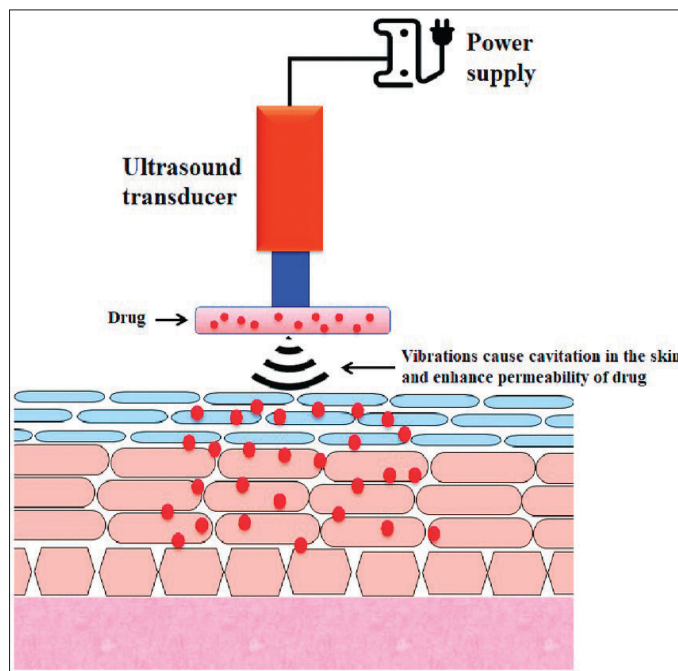


Ultrasonic waves (sound waves of a high frequency) are produced by means of mechanical vibration of the applicator wand. The treatment head is then moved over the surface of the skin in the region of the injury or where pain is experienced. When sound waves come into contact with air it causes a dissipation of the waves, and so a conductive ultrasound gel is placed on the skin to ensure optimal contact between the treatment head and the surface of the skin.

Therapeutic ultrasound is often used for treating chronic pain and promoting tissue healing. It can be used in any of the following conditions:

- carpal tunnel syndrome
- shoulder pain, including frozen shoulder
- tendonitis
- ligament injuries
- joint tightness

Phonophoresis / Ultrafonoforeza: Phonophoresis is ultrasound therapy using topical analgesics (usually anti-inflammatory or cortisone-type medications) within the ultrasound gel. It is thought the ultrasonic waves can drive these medications across the skin enabling penetration to the site of pain or injury. Ultrasound cause local heating of the tissue, increasing the blood flow and lead-out conductors extend glands, which facilitates the passage of the drug through the skin. The advantage of phonophoresis is connected to a local effect of ultrasound, local effects of the drug and to circumvent the drug by the oral route.



Electrotherapy

Electrotherapy is a physical therapeutic treatment whereby electrical stimulation is applied to nerves and muscle-motor fibres via electro-pads placed on the skin. There are different types of electrotherapeutic devices in rehabilitation clinics today, with T.E.N.S. being one of the most popular options. Electrotherapy uses electricity's therapeutic effect for the treatment, diagnosis and rehabilitation. The

currents stimulate the nerves and muscles, relieve pain, reduce inflammation, and accelerate tissue regeneration.

1. Plating

An electric treatment which uses direct current. Operation of the current depends on the applied pole. The use of this method can be done in case of neuralgia, in peripheral circulation disorders, in flaccid paralysis.

2. Iontophoresis

This is a method of drug delivery using the movement of ions in an electric field treatment. During iontophoresis, a medical device uses mild electrical currents to deliver medication across biological membranes, often while your affected body part is submerged in water. Ions identical to the electrode under which they are located are pushed away from it and move toward the tissue.



The basic indications for iontophoresis:

- Iodine Iontophoresis for scars & contractures.
- Calcium Iontophoresis for inflammation of the eye, peripheral vasomotor disturbances, Sudeck syndrome, difficult bone union.
- Procaine or lidocaine iontophoresis: neuralgia, sciatica, headaches, slurred speech, bronchial asthma (for around carotid).
- Histamine iontophoresis: self-induced cyanosis limbs, chilblains, pain syndrome sciatica, chronic inflammation of the joints and inflammation of Peri-articular, trophic ulcers.

3. Interference Currents

- It is a type of electro therapy treatment that uses electric currents to stimulate tissue which

provides pain relief, reduction of swelling and many other health benefits.

- The principle of interferential therapy is to cause two medium frequency currents of slightly different frequencies to interfere with one another.
- It is basically used for the treatment of Chronic, Post Traumatic, and Post-surgical pains.
- IFT uses a range of frequencies that stimulate the body to get positive reactions such as increasing the blood supply in an area which in turn increases the healing speed.

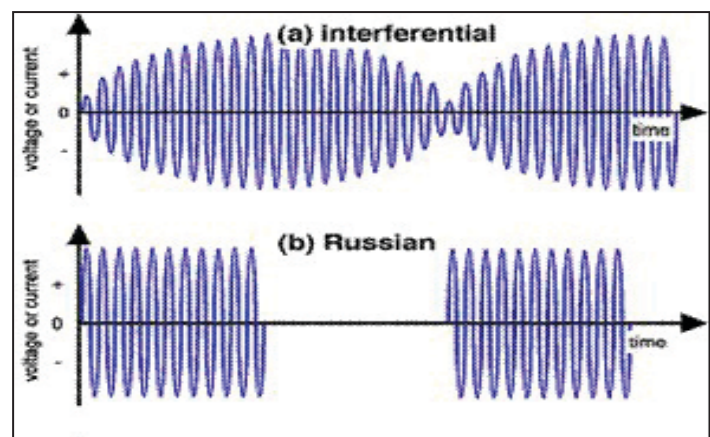
In addition, it affects the autonomic nervous system, improves the processes of nutrition and metabolism.



4. Kots Current

Russian scientist, Dr. Yakov Kots developed Russian current in 1977s, for increasing muscle force that increases the maximum voluntary contraction. It is a medium frequency current.

It is an intermittent alternating sinusoidal current with a carrier frequency of 2500Hz and delivered in bursts or series of pulses. So, it is known as medium frequency, burst alternating current. This is the type of stimulation used to increase muscle mass and strength. This stimulation is subjected solely to properly innervated skeletal muscle.



5. Diadynamics / Bernard Currents

Diadynamic therapy is an example for low frequency current rarely used in UK but in mainland Europe has stronger following. It is monophasic sinusoidal current, which was developed in the 1950's, by Bernard (a French Dentist). So it is also called Bernard current.

Basic principle of diadynamic current is an electronic modulation of symmetrical biphasic sinusoidal waveform, with carrier frequency of 50-60Hz. Pulse duration is extremely long, (6-10 msec) so it is more painful.

There are four different current available for Diadynamic current

1. Monophasic fixe.(MF)
2. Diphasic fixe.(DF)
3. Courtes periodes.(CP)
4. Longues periodes.(LP)

DD currents are primarily analgesic activity, increase blood circulation, reduce muscle tension, and also affect trophics. They are used in electrostimulation treatment of degenerative diseases, increase the absorption of effusions and hematoma in post-traumatic.



6. TENS (Transcutaneous Electrical Nerve Stimulation)

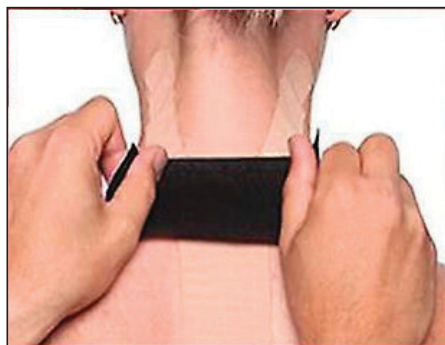
Transcutaneous electrical nerve stimulation (TENS) therapy involves the use of low-voltage electric currents to treat pain. A small device delivers the current at or near nerves. TENS therapy blocks or changes your perception of pain.

Transcutaneous electrical nerve stimulation is applied not only to relieve pain, but also to accelerate the process of wound healing, reduction of increased muscle tension, improve local blood flow, as well as skeletal muscle stimulation.



Kinesiology Taping

The Kinesio Taping Method is a definitive rehabilitative taping technique that is designed to facilitate the body's natural healing process while providing support and stability to muscles and joints without restricting the body's range of motion as well as providing extended soft tissue manipulation to prolong the benefits of manual therapy administered within the clinical setting. Latex-free and wearable for days at a time, Kinesio Tape is safe for populations ranging from pediatric to geriatric, and successfully treats a variety of orthopedic, neuromuscular, neurological and other medical conditions. The Kinesio Taping Method is a therapeutic taping technique not only offering your patient the support they are looking for, but also rehabilitating the affected condition as well. By targeting different receptors within the somatosensory system, Kinesio Tape alleviates pain and facilitates lymphatic drainage by microscopically lifting the skin. This lifting affect forms convolutions in the skin thus increasing interstitial space and allowing for a decrease in inflammation of the affected areas.





Massage Therapy

In massage therapy, a trained, certified medical professional (massage therapist) manipulates the soft tissues of your body like muscle, connective tissue, tendons, ligaments and skin.



At Paradise Wellness, our clients receive massage therapy independently, or as a part of a treatment program. Massage Therapy is used for treating a variety of conditions:

- Sprains and strains
- Fractures
- Trauma (e.g., motor vehicle)
- Sports / athletic injuries
- Tendonitis

- Muscle spasms
- Post-operative care and rehabilitation
- Muscular tension of the jaw, face
- Lower back pain
- Muscular tension headaches
- “Stress” syndromes
- Chronic pain syndrome
- Muscular pain

Massage therapy techniques facilitate the following:

- Release of Tension.
- Circulation of Blood.
- Reduction of Stress.
- Release of Toxins.
- Movement of Lymphatic Fluid.

Deep Tissue Massage

Techniques that utilize deep-tissue/deep-muscle massage are administered to affect the sub-layer of musculature and fascia. These techniques require advanced training and a thorough understanding of anatomy and physiology. The muscles must be relaxed in order to effectively perform deep-tissue massage, otherwise tight surface muscles prevent the practitioner from reaching deeper musculature. It helps with chronic muscular pain and injury rehabilitation and reduces inflammation-related pain caused by arthritis and tendinitis. Generally integrated with other massage techniques.

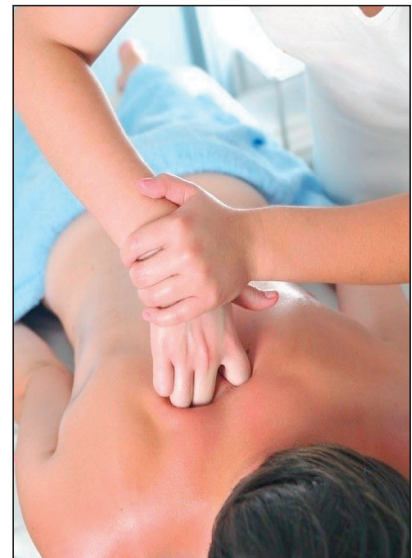


Manual lymphatic drainage

Lymphatic drainage massage, also known as manual lymphatic drainage, relieves swelling that happens when medical treatment or illness blocks your lymphatic system. Lymphatic drainage massage involves gently manipulating specific areas of your body to help lymph move to an area with working lymph vessels. The treatment primarily enhances immunity and helps in the elimination of edema.

Segmental Massage

Segment massage takes advantage of inter-relationships between skin, musculature and internal organs via spinal nerves and reflexes. By stimulating skin and muscle segments (mainly on the back) the stimulatory signals are transmitted along nerve fibres and thereby influences the interconnected internal organs and tissues to achieve a relaxing effect on muscles, joints and nerves. In this type of massage special tricks & techniques are used that allow you to get the intended therapeutic effect (eg. Holds: screwing on the spinous processes, sawing on the inguinal ligament, bladder and pubic symphysis, springing of chest and others).



Indications for using segmental massage:

- functional and suspected internal organs diseases
- Circulatory disorders,
- Functional, degenerative and chronic rheumatic diseases of the spine, joints and soft tissues,
- Post-traumatic disorders (sprains, dislocations, fractures),
- Vegetative disorders of the nervous system,
- Disturbances in the functioning of the endocrine glands,

Connective Tissue Massage/ Fascial Techniques

Connective tissue massage is a massage technique dealing with superficial connective and subcutaneous tissues that are used for aiding the diagnosis and treatment of different pathologies (Goats & Keir, 1991).

The principles of CTM are based on the notion that dysfunction of an internal organ can be diagnosed by the increased tone of superficial muscles, especially of the back, and a changed character of interstitial fluid in the subcutaneous tissues along with hypersensitivity to touch.

Connective tissue is another word for the fascia. Fascia runs throughout the entire body and literally connects everything, which is what makes keeping it in the best shape possible crucial to good health and healing.



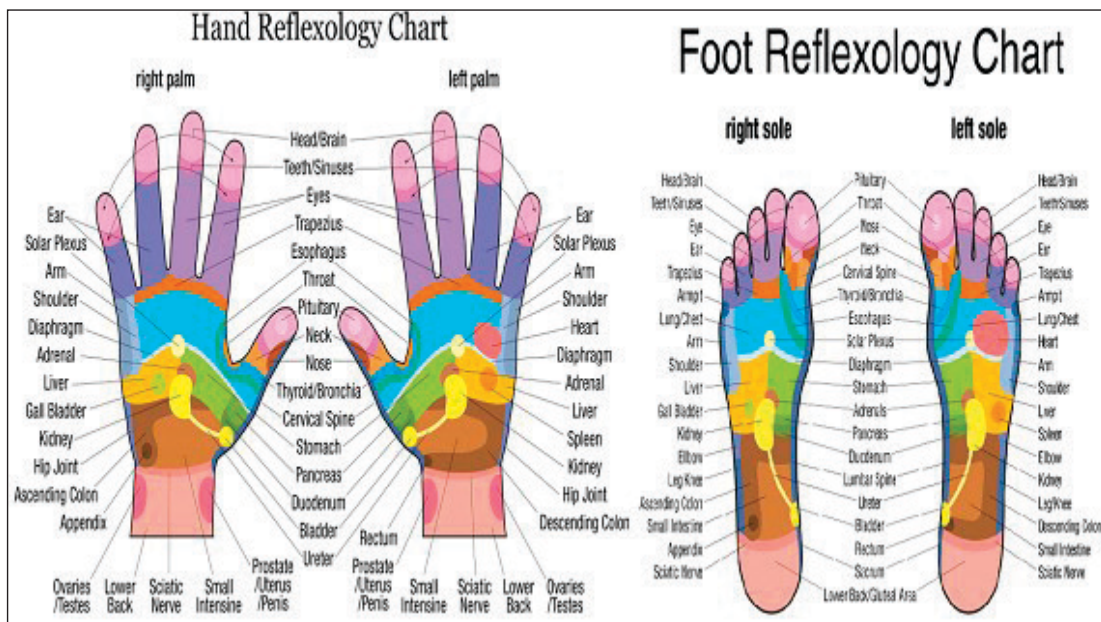
Elongation Massage

It is the use of appropriate positions in connection with loosening and stretching techniques. This leads to a reduction in pain origin muscular - fascial, reduce muscle tension, etc.

Reflexology

Reflexology is a focused pressure technique, usually directed at the feet or hands. It is based on the premise that there are zones and reflexes on different parts of the body which corresponds to and are relative to all parts, glands and organs of the entire body. Through the application of pressure on these reflexes, reflexology therapy can:

- Relieve tension
- Improve circulation
- Support the body's efforts to function optimally



How Does It Work?

When the reflexes are stimulated, the body's natural electrical energy works along the nervous system to clear any blockages in the corresponding zones. A reflexology session seems to break up deposits (felt as a sandy or gritty area under the skin) which may interfere with this natural flow of the body's energy.

Manipulating specific reflexes removes stress, activating a parasympathetic response in the body to enable the disharmonies to be released by a physiological change in the body. With stress removed and circulation improved, the body is allowed to return to a state of homeostasis.

Prenatal / Pregnancy Massage

Performed by a trained perinatal specialist, many methods of massage and somatic therapies are both effective and safe prenatally and during labor and postpartum periods of women's pregnancies. Prenatally, specific techniques can reduce pregnancy discomforts and concerns and enhance the

physiological and emotional well-being of both mother and fetus. Skilled, appropriate touch facilitates labor, shortening labor times and easing pain and anxiety. In the postpartum period, specialized techniques rebalance structure, physiology, and emotions of the new mother and may help her to bond with and care for her infant. Specialized, advanced training in the anatomy, physiology, complications, precautions, and contraindications is highly recommended, and many practitioners require referrals from physicians prior to therapy.



Sports Massage

Sports massage is designed to enhance athletic performance and recovery. There are three contexts in which sports massage can be useful to an athlete: pre-event, post-event, and injury treatment. Pre-event massage is delivered at the performance site, usually with the athlete fully clothed. Fast-paced and stimulating, it helps to establish blood flow and to warm up muscles. During the massage, the athlete generally focuses on visualizing the upcoming event. Post-event massage is also delivered on site, through the clothes. The intent here is to calm the nervous system and begin the process of flushing toxins and waste products out of the body. Post-event massage can reduce recovery time, enabling an athlete to resume training much sooner than rest alone would allow. When an athlete sustains an injury, skillful massage therapy can often speed and improve the quality of healing.



Relaxation Massage

Relaxation massage is all about relaxing. It focuses on giving the client time to recover from the stresses of daily life.



When you experience relaxation massage, you can expect a treatment that involves:

- Long smooth gliding strokes that are rhythmic and flowing
- Pressure that is deeply relaxing, but not painful
- A treatment that is designed to soothe and relax you, not to relieve chronic pain or other underlying ailments
- A therapist who also takes the massage environment into account – look for soothing music, warm luxurious towels, and occasionally the use of essential oils to enhance both the environment and the effects of the massage

The Benefits of Relaxation Massage

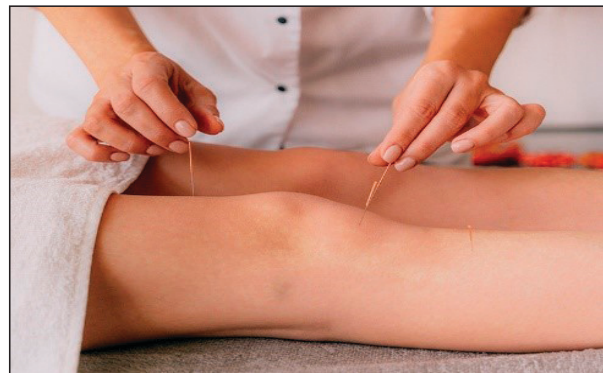
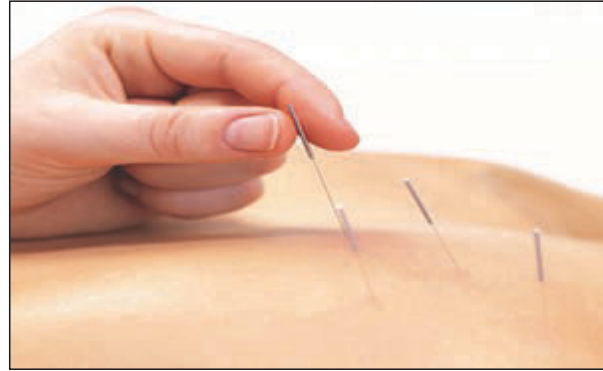
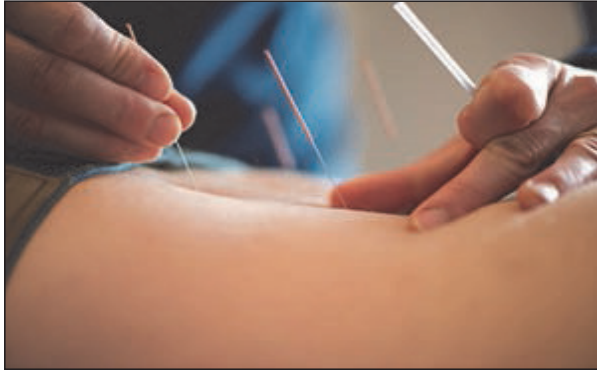
As with any kind of massage, the benefits of a relaxation massage can last for several days after your treatment. Relaxation massage like other forms of massage can offer the following benefits:

- Lowering blood pressure – at least for a while
- Improvements to peripheral circulation
- Improvements to skin tone and appearance
- Improvements to gastrointestinal motility (bowel movements will become more regular)
- Some reduction in muscle tension including the relief of muscle tension headaches
- Improvements to any stress-related symptoms. This can include providing a gentle boost to the immune system if you undergo regular treatments.

Acupuncture

Acupuncture originates from China and is the process of inserting needles into various points of the body and manipulating them in such a way to relieve pain and for other therapeutic services. Acupuncture is commonly used and needed to reduce pain and inflammation, increase blood circulation

and to stimulate the muscles for increased natural healing ability.



Did you know that acupuncture is proven to be an effective treatment for the following conditions?

- Neck and back pain
- Knee, hip, and ankle pain
- Frozen shoulder
- Tennis elbow
- Tendonitis
- Carpal tunnel syndrome
- Headaches
- Insomnia
- Hand and foot pain
- Swelling
- Sprain/strains
- Neurological and muscular disorders

Chiropractic Treatment

A chiropractor is a health care professional focused on the diagnosis and treatment of neuromuscular disorders, with an emphasis on treatment through manual adjustment and/or manipulation of

the spine.



The main chiropractic treatment technique involves manual therapy, including manipulation of the spine, other joints, as well as soft tissue therapies; treatment also includes exercises and health and lifestyle counseling.

Chiropractors focus on the intimate relationship between the nervous system and spine, and hold true the following beliefs:

- Biomechanical and structural derangement of the spine can affect the nervous system
- For many conditions, chiropractic treatment can restore the structural integrity of the spine, reduce pressure on the sensitive neurological tissue, and consequently improve the health of the individual.

Some of the conditions chiropractors treat include:

- Back pain
- Neck pain
- Strains
- Sprains
- Pain associated with arthritis
- Work and sports injuries

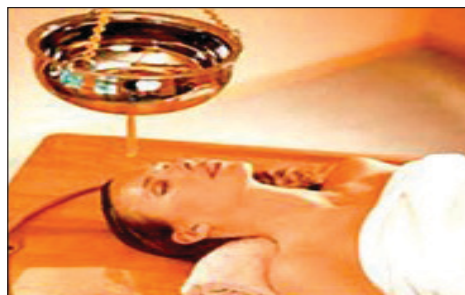
Contraindications

- Malignancy with metastasis to bone
- Tuberculosis of the bone
- Fractures
- Acute arthritis
- Acute gout
- Uncontrolled diabetic neuropathy
- Syphilitic articular or peri-articular lesions
- Gonorrheal spinal arthritis
- Excessive spinal osteoporosis
- Evidence of cord or caudal compression by tumor, ankylosing spondylitis and osteomalacia bone disease.

Naturopathy

A system of therapy based on preventative care, and on the use of heat, water, light, air, and massage as primary therapies for disease. Some naturopaths use no medications, either pharmaceutical or herbal. Some recommend herbal remedies only. A few who are licensed to prescribe may recommend pharmaceuticals in those cases where they feel their use is warranted.

Naturopathy is an American healthcare profession. It was founded in the US as a formal healthcare system at the turn of the 20th century by medical practitioners from various natural therapeutic disciplines. By the early 1900s, more than 20 naturopathic medical schools existed, and naturopathic physicians were licensed in most States. Today there are more than 1,000 licensed naturopathic doctors in the US.

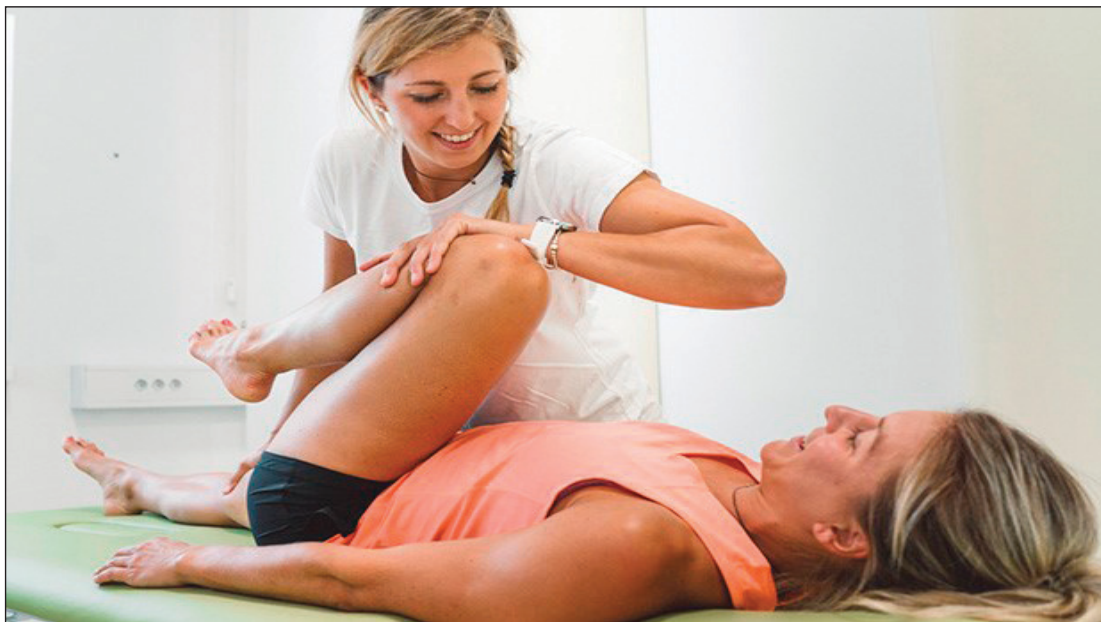


As practiced today, naturopathic medicine integrates traditional natural therapeutics - including botanical medicine, clinical nutrition, homeopathy, acupuncture, traditional oriental medicine, hydrotherapy, and naturopathic manipulative therapy - with modern scientific medical diagnostic science and standards of care. The medical research base of naturopathic practice consists of empirical documentation of treatments using case history observations, medical records, and summaries of practitioners' clinical experiences.



Osteopathy

Osteopathy is a type of complementary and alternative medicine. Its practitioners claim that the wellbeing of an individual depends on their bones, muscles, ligaments and connective tissue functioning smoothly together. Osteopaths receive special training in the musculoskeletal system. They believe that their treatments, which primarily consist of moving, stretching and massaging a person's muscles and joints, help allow the body to heal itself.



Osteopathic principles

1. The body is a functional unit; an integrated unit of mind, body, and spirit.
2. The body possesses self-regulatory mechanisms, having the inherent capacity to defend, repair,

and remodel itself.

3. Structure and function are reciprocally interrelated.

4. Rational therapy is based on consideration of the first three principles.

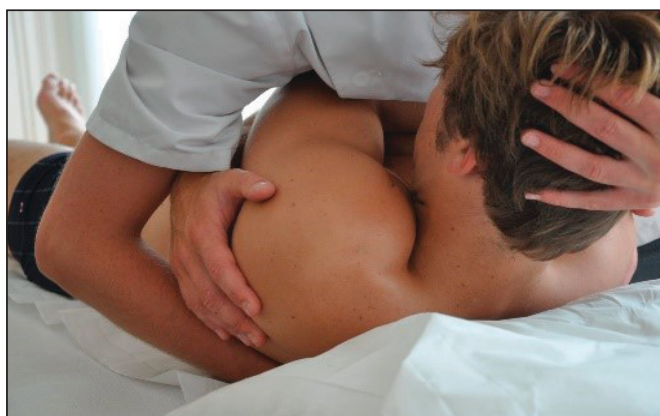
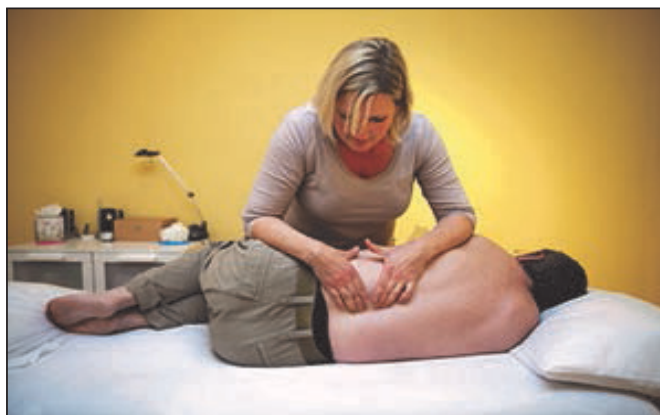
Techniques of Osteopathic Treatment

Active Method: A technique in which the person voluntarily performs an osteopathic practitioner-directed motion.

Passive Method: Based on techniques in which the patient refrains from voluntary muscle contraction.

Direct Method (D/DIR): An osteopathic treatment strategy by which the restrictive barrier is engaged and a final activating force is applied to correct somatic dysfunction.

Indirect Method (I/IND): A manipulative technique where the restrictive barrier is disengaged and the dysfunctional body part is moved away from the restrictive barrier until tissue tension is equal in one or all planes and directions.



Foot-Care



Foot Orthotics

Physio Active Rehab Physiotherapy offers custom made foot orthotics. As an important component of our wide-ranging rehabilitative services, foot orthotics are available to our patients independently or as part of a treatment program.

Benefits of foot orthotics:

- Reduce fatigue, muscle, and tendon strains
- Improve posture and blood circulation
- Prevent foot disorders, such as bunions, calluses, and flat feet
- Provide pain relief for plantar fasciitis, heel spurs, and shin splints
- Correct improper gait biomechanics Neurological and muscular disorders

Compression stockings:

There are two types of Compression stockings; Gradient and anti-embolism.

Gradient compression stockings are designed to remedy impaired “Musculo-venous pump” performance due to incompetent leg vein valves. They are woven in such a way that the compression level lessens towards the top of the hose. Doctors will typically recommend these stockings for those who are prone to getting blood clots, edema, and blood pooling in the legs and feet from prolonged periods of sitting or inactivity.

Anti-embolism compression stockings are commonly referred to as TED (Thrombo -Embolic Deterrent) hose. They are used to support the venous and lymphatic systems of the leg. Unlike gradient compression stockings, anti-embolism hose deliver an equally distributed amount of compression at the ankle and up the leg. This compression, when combined with the muscle pump effect of the calf, aids in circulating blood and lymph fluid through the legs (in non-ambulatory patients).

Compression wear has also been adopted by the sports science industry. Various garments have been developed to improve the efficiency of muscles by stabilising muscles and improving circulation/

lactic acid removal. Today, compression stockings are available in a wide range of opacities, colors, styles and sizes, making them virtually indistinguishable from regular hosiery or socks.

Indications for use of Compression Stockings

- Lipodermatosclerosis
- Chronic peripheral venous insufficiency
- Varicose veins
- Edema (swelling)
- Lymphedema
- Prevention of Deep vein thrombosis (DVT) and the post-thrombotic syndrome (PTS)

Foot Massage:

A foot massage is a massage done on the feet of a client.

The foot have over 70,000 nerve endings with trigger points that correlate to the whole body. We spend a larger part of the day on our feet which carries the rest of our body the whole day. So a treat to your feet is a great therapy for your body and helps reduce stress and assists in relaxation for better health.



Zone reflex therapy is based on the premise that the beginning of all reflex zones is in the feet and rubbing or manipulating the feet can bring healing.

In this lens we look at the various ways you can treat your feet through foot massage. We also look at other techniques like acupressure, and massagers that work just like a personal acupressure massage.

The benefits for you will be to ease your tension, pain and other ailments.

- An increased in blood circulation which in turn rejuvenates and also cleanses you.
- Reduces stress levels which help the body in many ways, mentally and physically as well.
- Massaging the feet can relax the muscles, which can lower pain in feet and legs since many shoes can stress your feet and many jobs require that you stand all day.
- Massaging the feet has been shown to lower the heart rate of patients who are undergoing surgery. This helps the body to relax and thus handle pain better.
- Narrowed blood vessels cause a specific type of pain to the lower extremities. Massaging the feet increases circulation throughout your legs, therefore alleviating pain.
- Massaging the feet lowers stress, which can reduce hormonal reactions like hot flashes.
- Massage helps to lower blood pressure, making our hearts healthier.
- Massaging of the feet has been shown to decrease nausea, stress levels and fatigue in cancer patients.
- It can help prevent and cure many symptoms such as headache, stress, asthma, constipation, sinusitis and migraine.
- The body's function will be naturally turned into its homeostasis.



We also specialized in:

Compression Stockings

Joint Braces

Physical Therapy

Children's Physiotherapy

Senior's Physiotherapy

Pain Management
Sport Injury Rehabilitation
Work Injury Rehabilitation
Custom Orthotics

Why Choose Paradise Wellness Centre?

We at Paradise Wellness Centre are dedicated to offering Mississauga residents the best natural health treatment available. We use the most cutting-edge methods and technologies to make sure you get the best care available. Our team of skilled and qualified practitioners is committed to helping you accomplish your wellness objectives. In order to assist you in leading a healthy and balanced lifestyle, we also provide a variety of other services, such as nutrition and lifestyle counselling.

In conclusion, Paradise Wellness Centre is the best option if you're searching for natural and holistic health care in Mississauga. Make an appointment with us right now to begin the process of reaching ideal health and fitness.

Start-up Expenses

Legal \$6,500
Printing, stationery, bags, grand opening coupons \$13,500
Architecture Design & Permits \$40,000
Insurance \$6,000
Rent \$32,000
Advertising & E-Business Setup \$53,000
Business & Optimisation \$24,000
Supplies & Grand Opening \$25,000
Total Startup Expenses \$200,000

Start-up Assets

Cash Required \$50,000
Startup Inventory \$15,000
Other Current Assets \$5,000
Long-term Assets \$1,970,000
Total Assets \$2,040,000

Total Requirements \$2,240,000

Start-up Funding

Start-up Expenses to Fund \$200,000

Start-up Assets to Fund \$2,040,000

Total Funding Required \$2,240,000

Assets

Non-cash Assets from Start-up \$1,990,000

Cash Requirements from Start-up \$50,000

Additional Cash Raised \$0

Cash Balance on Starting Date \$50,000

Total Assets \$2,040,000

Liabilities and Capital

Liabilities

Current Borrowing \$0

Long-term Liabilities \$2,000,000

Total Liabilities \$2,000,000

Capital

Planned Investment

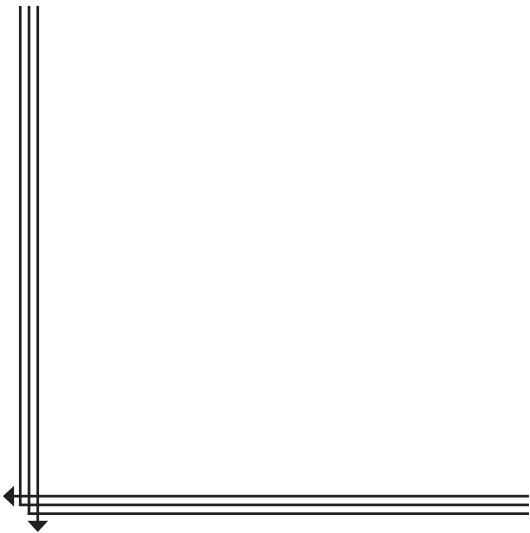
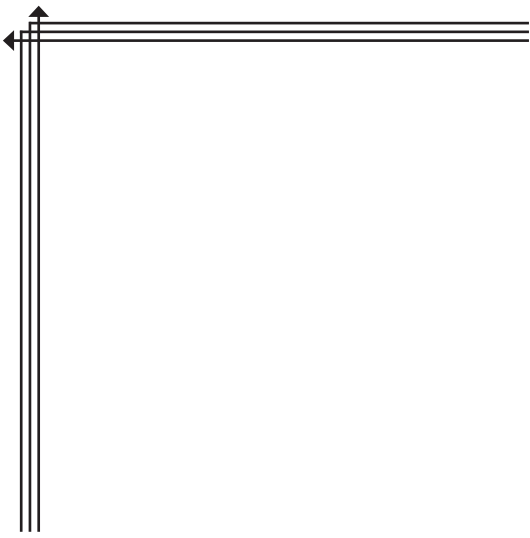
Owner Investment \$240,000

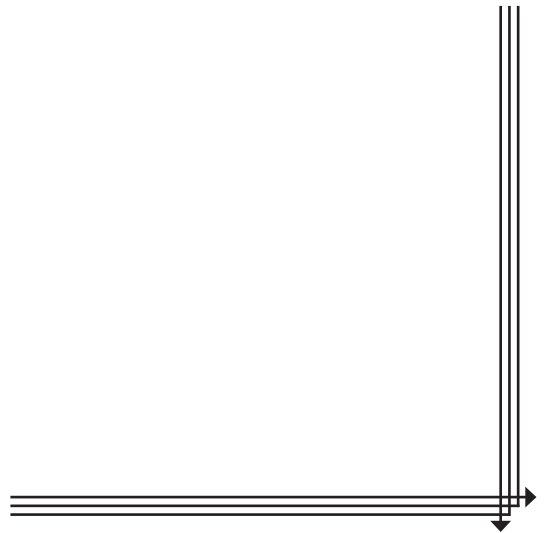
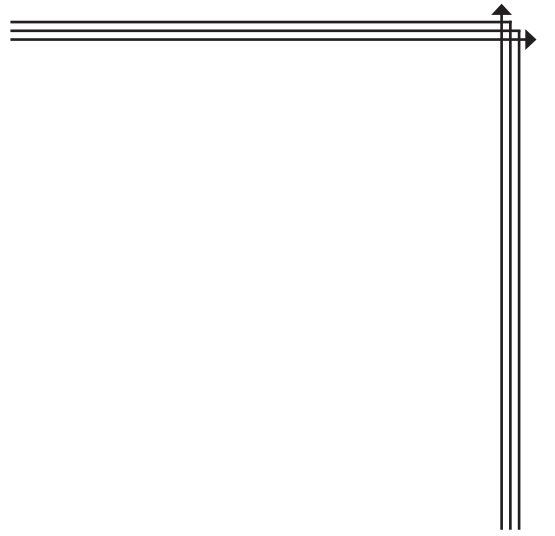
Loss at Startup (Startup Expenses) (\$200,000)

Total Capital \$40,000

Total Capital and Liabilities \$2,040,000

Total Funding \$2,240,000





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