

## COLOUR THERAPY BENEFITS

The colour therapy lights are complimentary with any booking.

### COLOUR

### BENEFIT

<b>RED</b>	Activates the circulatory and nervous systems.
<b>STRONG PINK</b>	Acts as a cleanser, strengthening the veins and arteries.
<b>PINK</b>	Activates and eliminates impurities from the bloodstream.
<b>ORANGE</b>	Energises and eliminates localised fat. Helps address asthma and bronchitis.
<b>STRONG YELLOW</b>	Strengthens the body and acts on internal tissues.
<b>YELLOW</b>	Reactivates and purifies the skin. Helps with indigestion and bodily distress.
<b>GREEN</b>	Acts as a nerve relaxant.
<b>STRONG GREEN</b>	Provides anti-infectious, anti-septic and regenerative stimulation.
<b>STRONG BLUE</b>	Lubricates joints and articulations. Helps address infections, stress and nervous tension.
<b>BLUE</b>	Stimulates muscle and skin cells, nerves and the circulatory system.
<b>INDIGO</b>	Helps address eye inflammation, cataracts, glaucoma, ocular fatigue or nasal bleeds.
<b>VIOLET</b>	Relaxes the nerves and lymphatic system. Addresses inflammations and urinary illness.

### Open 7 Days Booking are essential

**Monday – Friday:** 8am – 7pm

**Saturday:** 8am – 6pm

**Sunday & Public Holidays:** 8am – 4pm

*Hours subject to change with no notice at management discretion.*

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**DEEP WATER**  
SPA & HOT SPRINGS



# DEEP WATER

SPA & HOT SPRINGS

## WELLNESS SAUNA



[www.qsdb.com.au](http://www.qsdb.com.au)

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If you haven't used it yet, our Wellness Sauna is quite different to the traditional hot-rocks-and-water experience.

### What does it do?

The first thing most people notice is a stress-relieving relaxing of the muscles. Tension melts away, and the deep penetrating warmth is very soothing on aches and pains.

With regular use you feel the benefits of a deep, healthy sweat that purifies your body and improves circulation. After the first session, people often notice clearer skin and a deep, restful sleep.

### What does it feel like?

In contrast to traditional high-heat saunas, Solocarbon infrared heating is highly customisable, so you can enjoy a deep, detoxifying sweat at lower, more comfortable temperatures. Like it hot? That's fine too – now you have the choice.

### Infrared – is that like a Microwave / UV?

Unlike tanning beds, *Sunlighten* saunas use infrared heating, which is **entirely different** to microwaves, or ultraviolet (UV) radiation.

Infrared heat is safe and healthy for all living things. Far from a new technology, infrared heat has been used in a variety of health and human movement applications for many years.

Our Wellness Sauna uses the most up to date technology and is in fact one of the few Saunas on the market offering all three infrared Near, Mid and Far Infrared. Most other infrared Saunas only have Far Infrared.

**It's so safe. The same infared lightening is used with new born babies in hospitals.**



## mPULSE PROGRAMS

### DETOXIFICATION

37 min

Begins with high intensity to increase the body's core temperature and then reduces to a low intensity level. The Mid and Far Infrared combo improves vascular access to reach toxins at the cellular level. Far + Mid Infrared.

### RELAXATION

40 min

Induces deep relaxation, relaxing muscle tension at low intensity promoting overall stress release and relaxation. Far + Mid + Near Infrared.

### ANTI-AGING

30 min

With near infrared coming on and turning off at different periods through the program. Begins with a low constant intensity level of far and near infrared wave lengths which penetrate tissue improving overall skin tone, elasticity and firmness. Far + Near Infrared.

### CARDIOVASCULAR

45 min

Begins at a high intensity and then lowers to sustain heart rate. Far + Mid + Near Infrared.

### WEIGHT LOSS

30 min

Starts at a high intensity to stimulate the cardiovascular system then reduces to a medium level. As the body works to cool itself, there is an increase in heart rate and cardia output and metabolic rate similar to exercise. Far + Mid Infrared.

### PAIN RELIEF

30 min

Far and mid infrared provides natural pain relief by reducing inflammation and swelling. The near infrared penetrates surface tissue to promote cellular repair. Far + Mid + Near.

#### NEAR INFRARED

Cell Health and Immunity  
Skin Purification  
Pain Relief

#### MID INFRARED

Pain Relief  
Improved Circulation  
Weight Loss

#### FAR INFRARED

Weight Loss  
Detoxification  
Blood Pressure Reduction