

# The Clean of Steam ozone steam sauna

by lisa

When you are feeling a little sluggish and a bit in need of a tonic, you know its time to do something for your body. I decided to try the ozone steam box at Ubud's Taksu Spa. With promises of greater health and an aches free body I was keen to give it a go. While the sauna, is great, it can bring even greater benefits when coupled with a full detox program of five to seven days. With a regimen of exercise, massage and a radical change in diet (no alcohol, abundant green juices, and plenty of good fresh food), any follower can feel like a new person!

Half an hour in the ozone steam sauna creates changes to our feelings of wellbeing and general health, not to mention increased relaxation. Zipped up in the little steam box is not an unpleasant experience, especially when rivulets of water and toxins stream from the pores, as the ozone gets to work, boosting the immune system. The induced hyperthermia which mimics the effects of a fever, is a process which encourages the toxins to leave the lymphatic system, thus sparing the liver the difficult task of dealing with them.

It is a cutting edge detox process! As the steam opens the pores, the ozone enters the body more easily which then travels to the lymph and fat cells, where it does its work. With continued treatments it can help with pain management, arthritis, stress and muscle tension and the ozone it is believed, by alternate medical practitioners, can even help to cure and modify some kinds of cancer.

Body metabolism is increased, (which helps with weight loss) toxins are eliminated, while the increased blood circulation aids in faster body repair,



not to mention giving us a fresher more youthful look. It also helps to kill off viruses and bacterial infections in the body.

Even after one half hour treatment I felt more relaxed. The lactic acid that causes stiffness in the joints and muscles was less. Toxins are oxidized and then eliminated through the skin, lungs, kidneys and colon. All in all it is a great experience which I will be repeating as soon as recommended.

Some choose to make a day of it at Taksu, you can combine this treatment with a massage from their extensive spa menu and also enjoy lunch in their jungle view restaurant where an array of healthy foods and fresh juices and espresso coffee are all on the menu.

Personally I can't wait for my next treatment and the start of my fresh new healthy body! You can try it all at Taksu in Ubud.

NB: anyone suffering from a mega hangover, will also be revived and renewed with this great treatment. Even a normal steam is effective, but the addition of the ozone makes it that much better.

Taksu

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