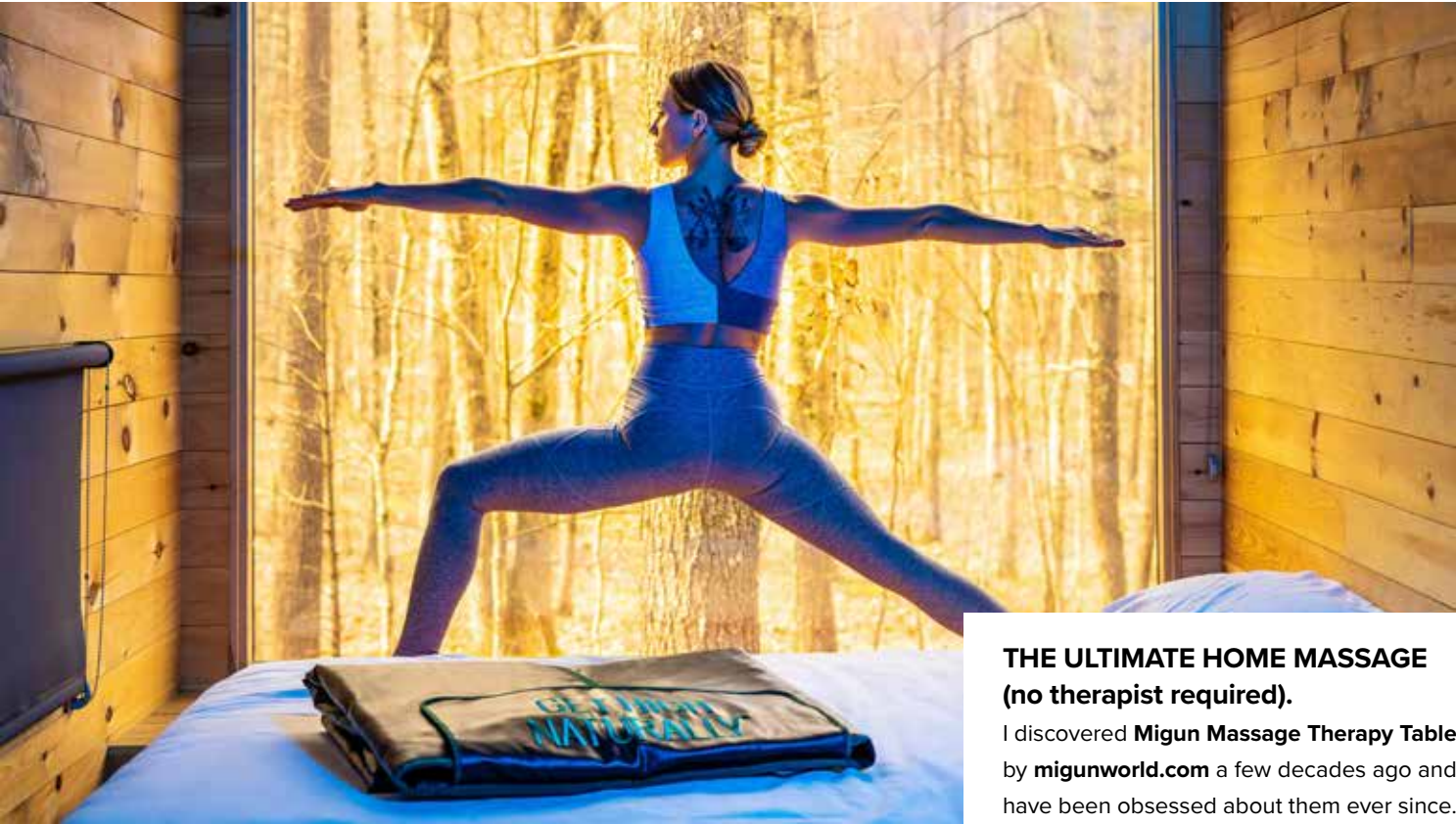


Well-up your home with these cutting-edge wellness technologies

By Judy Chapman



THE ULTIMATE HOME MASSAGE (no therapist required).

I discovered **Migun Massage Therapy Table** by **migunworld.com** a few decades ago and have been obsessed about them ever since. They are promoted as a cutting-edge pain management therapy, and I use mine daily simply to rest and restore. Essentially, you are lying on a bed that is warm and comfortable as far-infrared heated jade massage heads glide up and down your back from the tip of your head to the bottom of your tailbone and up and down both legs. You may never need to book a real massage every again! The heated massage and acupressure treatment is extremely effective at reducing or eliminating pain. The deep heat penetrates and relaxes muscles as it gently flexes and stretches your spine, reducing inflammation, improving blood flow and nerve conduction. *Migun Massage Therapy* tables are recommended for back pain, chronic pain, arthritis, fibromyalgia, sleep and stress, and anxiety. You'll often find

Over the last year, we've all become attuned to the importance of maintaining a healthy and resilient immune system. We've also become educated about the necessity of spending more in nature for our health and longevity. Fresh air, clean rivers and oceans and the stars above – the largest wellness 'industry' is outside. But with over half of us living in cities (it's predicted that this number will rise to nearly 70% by 2050), then urban wellness is becoming more important than ever.

Which is why, as a Spa Designer, I'm relentlessly on the lookout for results-oriented wellness treatments and technologies that work for not only the commercial spas and wellness sector but also for residential and offices.

The good news is that over the last few years, there's been incredible research and development into home spa wellness space. Many of these are reasonably priced, portable and super easy to install. Simply put, if you're a wellness advocate and enjoy massages, saunas and taking care of yourself, then it may worth considering introducing some of these at home so you have access to wellness 24/7 on tap! *These are several ways to transform your sanctuary into a wellness spa...*

them in wellness clinics and Pilates studios all around the globe (and at my house)!

STAY REJUVENATED WITH RED LIGHT TREATMENTS

My current obsession is **Red Light Treatments (RLT)** and with good reason. Presented in simple panels, they are easy to use, affordable and deliver great results for weight-loss, inflammation, enhancing sleep, skin and so much more!

Sports athletes use RLT for healing inflammation, building muscle tissue and assisting with the recovery from injuries. In the beauty space, RLT is used for boosting tissue, collagen and skin glow.

Red Light therapy was popularised back in the 1990's when scientists discovered red light promotes growth of plant cells and started using this to grow plants in space. Fast track forward, and Red light has been studied for its effect on boosting energy in human cells. It's thought that Red light strengthens our mitochondria, the powerhouse of our cells and where our cell's energy is created. With more energy, our cells can regenerate and repair faster and better.

Interested to find out more? There are several excellent brands globally producing simple and affordable RLT. Just some of these include the USA Joov brand, HigherDOSE New York and Aurora Red Light Australia. You can buy these as singular panels that you can use strategically on body parts or go all out and or invest in the full body one!

DE-STRESS IN A YOGA HAMMOCK

Stress is now considered a leading cause for many of today's chronic (and often preventable) modern diseases. Which is why I'm a big advocate of anything that helps one unwind and decompress. For less than \$100, why not install a **Yoga Hammock** as your relaxation therapy! These hammocks feel so amazing that the *Four Seasons Resort Bali* introduced these into their spa as an actual spa treatment

named 'Sacred Nap'. The sensation of the weightless swaying in the hammock feels incredibly restful for the mind and body.

There are many brands offering good quality silk Yoga Hammocks. One of these is **UpCircleSeven** based in Las Vegas. Their Yoga Hammock is said to help deepen one's yoga practice while naturally relieving back pain through spinal traction. They help to increase your strength and flexibility and provide new ways to move one's body and hang upside down with confidence and ease. These Yoga Hammocks are positioned to help improve Inversion and enhance backbends. I personally just like to hang about in them and drift and dream...ahhhh!

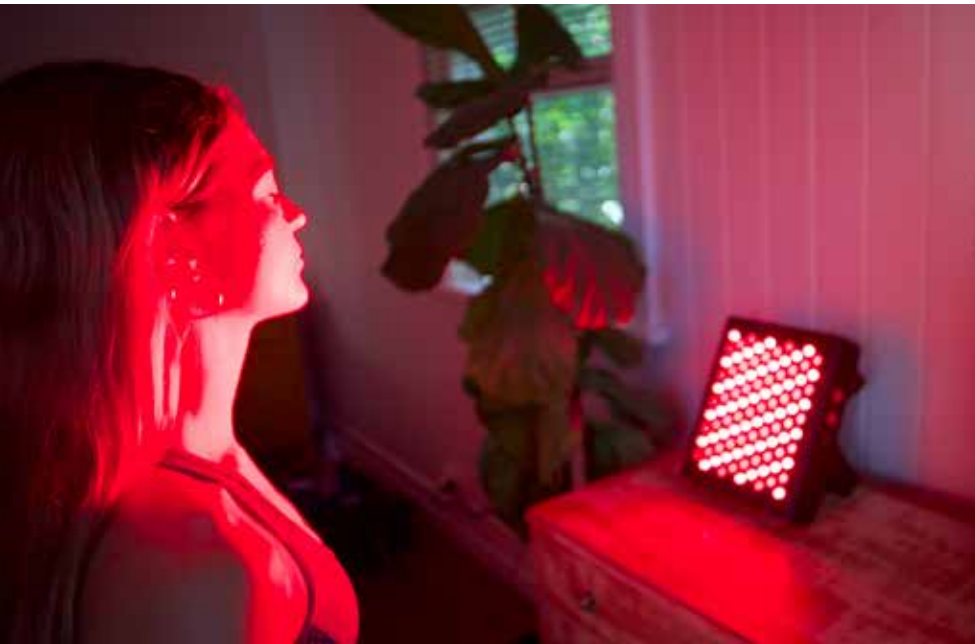
DETOX IN A HOME INFRARED SAUNA

Over the last decade Infrared Sauna has become one of the most popular technologies

introduced into the spa and wellness space. Sweating is one of the only proven ways to detoxify our body. They are used for detoxifying the body of heavy toxic metals such as lead and mercury as well as alcohol and nicotine. Saunas boost circulation, oxygen and metabolism in the body. The Infrared heat helps to relax the muscles and are commonly used by athletes for pain recovery.

With maintaining a healthy immune system very much on our minds, then little wonder the innovation in Infrared Saunas today is even more outstanding. You can easily install these at home, at the office (a great way to keep your staff energised) and even outdoors! The costs vary from brand to brand but normally are around \$5-10k so if you are an avid sauna-goer like me, then the ROI is pretty healthy - you basically have to have 3





AND THE PORTABLE INFRARED SAUNA

When you can't install a full-blown Infrared Sauna unit at home, then consider an **Infrared Sauna Blanket** from HigherDOSE. These are so easy to use - you simply snuggle up inside the blanket and the soothing and stimulating infrared heat will gradually heat, increases in blood flow and promotes sweat and detoxification - it's like working out without working out!

Another wonderful home spa sauna is the **Clearlight Curve Dome saunas** that have infrared mats on both sides so you are heated on the front and back of your body. These are lightweight and easy to fold up and store in a closet or corner of the room when not in use. .

P.S. Clearlight are currently upgrading these to a next-level experience- stay tuned!

STAY RELAXED AND REGENERATED WITH A BIO-MAT

I've only recently discovered the power of **Bio-Mats** and **Infrared Mats**. These are an emerging trend in luxury spas around the world. Essentially, you lie on these crystal-infused infrared heated mats for 20-30 minutes and reap the benefits of deep and profound relaxation. They are designed to de-stress, support the immune system, decrease inflammation, improve sleep and ease you into that lovely parasympathetic state where self-healing kicks in.

In my opinion, the Amethyst Richway Bio-Mats produced in the USA are one of the best brands. They produce medical-quality FDA-Approved mats for indications including relaxation of muscles, increase of local circulation where applied, reduce muscle pain and minor joint pain and stiffness as well as pain associated with arthritis. I first tried this at *Evolve Health Labs in Byron Bay Australia* during their *Cryo Facial* and the results were epic.

The **HigherDOSE Infrared Mats** are also excellent and one of the most affordable on

the market. According to the founders, these mats give a similar benefit to an *Infrared Sauna* but without the sweating element. The HigherDOSE Infrared Mats are made with four beneficial layers: Amethyst Layer, Tourmaline Layer, Charcoal Layer, and the Clay Layer. The amethyst layer, for example, provides a deeper penetration of therapeutic infrared and is like 'a natural tranquilizer' that helps to relieve stress and anxiety and balance mood swings. The tourmaline layer is believed to increase mental alertness, improve circulation and strengthen the immune system. The charcoal layer amplifies the detoxification process and the clay later emits negative ions and is balancing to the heat.

All this, plus they are light, easy to travel and you can take them anywhere!

P.S. HigherDOSE have just launched a travel version called the **Infrared PEMF Go Mat (pictured)** that offers the benefits of infrared heat without the sweating. You can take it to the office and relax while you work – what's not to love about that!

PURIFY YOUR WATER

In these unprecedented times, there's never been a more critical time than now to introduce a water purification system. Bacteria, contaminants and viruses found in water systems can cause serious illnesses. Some holistic practitioners go as far to say that viruses can leave an imprint in water that has an impact on one's immunity.

There are many water filtration systems to consider. I really like **Alps Water Filters** in Australia. The ALPS Water Filtration System employs Zeolite as the 2nd Layer of its filter cartridge. It has long been proven that Zeolite is highly effective in removing most heavy metals that may be found in tap water. Drinking fresh, clean, chemical free, structured, energized and alkalized Drink ALPS water and you will notice many benefits for your mind, body and physical health and energy.

Alps also supply the super hydrating Prill water that are said to boost clarity, vitality and

strength in mobility. These are said to remove heavy metals and toxins that we ingest from water supplies, food pesticides and additives and restructure drinking water on a cellular level to fully energize your body system with vitality and hydration.

...AND CLEAN UP YOUR INDOOR AIR QUALITY

Air pollution is now considered one of the most serious health issues in the world today - especially when it comes to indoor air pollution. In fact, the World Health Organization (WHO) reports that 92% of the world's urban population live in cities where the air is toxic.

According to the EPA, indoor pollution can be two to five times greater than outside. Simply put, there are countless chemicals and contaminants found in modern furniture, bedding and fabrics as well as in personal care and cleaning products. Throw out your Air Fresheners – they are filled with chemicals!

Clean air is a prerequisite for our personal wellbeing. It's said to improve our sleep, mental clarity, mood and immunity. Which is why I love the USA brand **Austin Heaalth-mate Air Filters** that are designed to protect and combat viruses, pathogens, dust, dander, pollen, and airborne allergens with medical grade HEPA filtration. I am sure there's lots of other great brands on the marketplace – do your research!

END: These are just some of the wellness devices and technologies I am introducing into spas around the world this year (and indeed into my own home)! With the pandemic keeping people indoors, this space is evolving fast... □

Judy Chapman is an International Spa Designer and consults for hotel, spa and wellness brands around the world including *Menla Mountain Retreat* in the USA. Judy also develops white label skincare products for spas and individuals. She is the former Editor-in-Chief of *Spa Asia* magazine and author of several books on wellness and spas. Judy is currently based in Byron Bay, Australia. www.judychapman.com.au

