

# dtxfy

a renewal studio

infrared sauna  
red light therapy  
6D massage



3 degrees of renewal™



## 3 degrees of renewal™

re·new | 1: to make like new : restore  
to freshness, vigor, or perfection

Renew You! Walk into a dtxfy studio worn out, worn down or just worn thin, and walk out reinvigorated. dtxfy offers the latest technology and innovations in light therapy and massage, providing three types of rejuvenating services to help renew, restore, and repair both your body and mind. Pamper yourself with our Infrared Sauna, Red Light Therapy, and 6D touchless massage loungers in our warm, welcoming studios and reap the benefits of three degrees of renewal today!



# INFRARED SAUNA

## It's Time to Sweat Healthy!

You've probably heard the term "a healthy sweat". Sweating releases toxins that have built up in our system, improving our overall health and wellness by helping to relieve symptoms and prevent future illness. But did you know that there's a way to maximize the benefits of a healthy sweat?

How? With just THREE DEGREES! Infrared sauna therapy raises your core body temperature approximately three degrees, creating the ideal environment for cell regeneration to occur and allowing for healthful, restorative detoxification. The body's response is similar to that after an intense workout, but better!

Infrared light is the calming, warming wavelengths of sunlight that penetrate the layers of the skin safely and non-invasively. The light travels deep into the body's soft tissues. Unlike ultraviolet light, which can damage the skin, infrared light uses near, mid and far wavelengths to stimulate the mitochondria in the cell and promote cell regeneration and repair. It's this repair at the cellular level that provides the broad range of health benefits.



# RED LIGHT THERAPY

## Want the Benefits, Not the Heat? No Sweat!

Enter our red light therapy room and harness the power of red and near infra-red light to reap their unique therapeutic and regenerative benefits. dtxfy studios uses superior technology to create a spectrum of light from the perfect ratio of different wavelengths to create a synergistic combination that offers a wide range of health benefits.

By penetrating through the skin, muscle and connective tissue, red light therapy promotes healing and cellular regeneration. Similar to the infrared sauna, red light therapy can be used for cosmetic, fitness and mental health improvement, helping with anti-aging, pain management, muscle recovery, healing, and energy rejuvenation. Recent studies have also shown brain health benefits such as enhanced overall brain function and accelerated healing from stroke or injury. Without the sweat!



# MASSAGE THERAPY

## You Knead This!

Enhance your overall experience by spending time in our state-of-the-art massage loungers. Unlike typical massage chairs with rollers that only move back and forth or up and down, our loungers use the latest technology with a 6D roller that actually protrudes into the body, closely mimicking the feel of human hands. This expertly engineered roller system separates the upper and lower massaging arms, allowing one to focus on the upper body while the other targets the lower body. Enjoy a contactless, holistic treatment that combines stretching, heat, compression, and reflexology. Create a customized massage experience with every visit, choosing the massage program that fits your needs every time—deep shiatsu, targeted body part, stress relief, recovery, and more.



# The Benefits of 3 Degrees

## detoxification

remove toxic by-products of cellular metabolism and normal body functions, along with environmental toxins that make their way into the body daily.

## stress & anxiety relief

mitigate symptoms of depression and anxiety by increasing the release of endorphins into the brain, producing a feeling of calm, happiness, and well being.

## weight loss

as core temperature rises, the body goes into overdrive to cool itself, increasing the metabolic rate and, in turn, burning more calories – without stepping foot into a gym!

## improved sleep

help the body produce more melatonin, the naturally occurring hormone that regulates sleep and wakefulness, resulting in a deeper, more healthful sleep.

## enhanced mental acuity

enjoy mental clarity from a single session and potentially enhanced overall brain function from long-term use.

## relief from sore muscles & joint pain

improved circulation increases blood flow which carries oxygen and nutrients to injured tissues promoting healing, relieving inflammation, speeding the repair process after injury.

## anti-aging skin care

improved circulation draws out impurities, reducing the appearance of wrinkles and redness, softening rough spots, shrinking pores and boosting collagen production-- contributing to an overall clearer more youthful appearance.

## immunity boost

stress is a known contributor to health problems such as increased blood pressure and a compromised immune system. reducing stress helps to maintain healthy levels of cortisol, the hormone that raises our heart rate & blood pressure.

## relaxation

surrounding the body with warmth, finding still time or alone time not just feels good, but is good for you. pampering oneself relaxes and restores the body and mind, re-energizing us to face the challenges of everyday life.

# Which Therapy Is Right For You?

combine all 3 for ultimate renewal

The greatest benefits of infrared sauna, red light therapy and massage have been found from a combined course of sessions. While many people feel an improvement from a single session, a noticeable cellular level improvement is realized in 8-10 weeks, as this is generally the time it takes for cells to heal and regenerate. Unlike many other health treatments, light therapy is safe to use every day, is non-invasive, and has virtually no risks or side effects.

| Benefit                                  | Red Light Therapy | Infrared Sauna | Massage |
|--|-------------------|----------------|---------|
| Detoxification                           |                   | x              |         |
| Stress & Anxiety Relief                  | x                 | x              | x       |
| Weight Loss                              |                   | x              |         |
| Improved Sleep                           | x                 | x              | x       |
| Enhanced Mental Acuity                   | x                 | x              |         |
| Relief from Muscle Soreness & Joint Pain | x                 | x              | x       |
| Anti-Aging Skin Care                     | x                 | x              |         |
| Immunity Boost                           | x                 | x              |         |
| Relaxation                               | x                 | x              | x       |
| Mood Enhancement                         | x                 | x              | x       |
| Increased Energy                         | x                 | x              |         |



## Discover 3 Degrees of Renewal Today

Begin reaping the benefits of recovery, relaxation and renewal. You'll start feeling great after just one session, but to see the best results, we recommend 3-5 times per week. Sessions generally last between ten and forty minutes. Enjoy cellular repair and noticeable results in 8-10 weeks. By including this into your daily wellness regime, you'll find improved quality of life and longevity for years to come.

### Ready to Renew?

We offer Single Rate Pricing,  
Membership and Packages



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