



Red Light Therapy by Charlotte.

Red light therapy has now become widely accessible to the masses, & the benefits are endless - from increased radiance to reduced signs of aging. You can also achieve a full detox of your body through Red Light Therapy & Negative Ion Foot Spa.

Relaxation - As the para-sympathetic nervous system is activated.

Sleep - Deeper more restorative sleep pattern.

Energy - Increase in vitality & stamina.

Skin - A healthier complexion & plumper skin due to increased collagen.

Inflammation - Improvement to Acne, Eczema, Psoriasis, Liver spots.

Digestion - Improvement to gut permeability, bowel movements & stool.

Wounds - Improvements to wound healing, scar tissue or stretch marks.

Cold sores - Reduction or healing of cold sores or skin lesions.

Circulation - Vital organs, warmer hands, feet, body temperature.

Sweating - Effective elimination of toxins & heavy metals.

Joints - Reduction in inflammation, eg. Arthritis, Carpal tunnel, Fibromyalgia.

Muscle Repair - Speeding up of tissue repair after injury or exercise.

Organ Repair - Oxygenating Blood to Lungs, Kidney, Liver, Adrenals.

Nervous system - Reduction in cramps, spasms, numbness, pins & needles.

Menopause - Improvement to night sweats & mood.

Weight loss - Detoxing fat cells & reduction in Cellulite.

Eyesight - Improvement in night vision.

Hair growth - Due to Collagen stimulation.

Sinus Infections - Treats colds/infections where heat kills bacteria & viruses.

Cognitive function - Mental clarity & memory improvement.

Electrosensitivity - Reduction in symptoms & sense of wellbeing.



Love yourself from the inside out™

What is a Negative Ion Foot Spa?

A Negative Ionic Foot Spa is said to be a therapeutic foot-soaking process that uses negative ions in a bath of distilled water & salt to rid the body of toxins through the feet.

The foot bath is connected to electricity to produce a vibration in the water & causes a chemical reaction between the water & the salt. Toxins in the body are said to attach themselves to the negative ions in the water & be pulled out through the soles of the feet.

The water in the bath usually changes to a yellow or brown colour & sometimes has the appearance of sludge around the top of the bath. Although some suggest the discoloration in the water is caused by the toxins being released from the body.

The colour change in the water is due to a reaction between the electricity fed into the bath & the salts in the water themselves. This causes a chemical change in the water & therefore, over time, changes the color & appearance of the water itself.

Our packages

Red Light Therapy	£20
Negative Ion Foot Spa	£25
Combined Red Light Therapy & Negative Ion Foot Spa session	£40
Special Offer - Full Detox Package - 6 combined Red Light Therapy & Negative Ion Foot Spa sessions (50 minutes each session)	£199

Contact Charlotte, Earl Avenue, New Waltham, Grimsby. Call 07434 933 700
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