

Recharge at Ecoparadise

WHERE do you go when stress grips your body, fatigue is weighing you down and your complexion is looking as dull as worn leather?

Most of us think that heading for a massage is the answer, but an alternative spa called Ecoparadise has been making waves in the Klang Valley for the benefits it gives. This spa brings about a host of benefits that have led many to become loyal regulars. Ministers, corporate figures, the health conscious, the beauty conscious, cancer patients and simply those who want to feel rejuvenated make a beeline to this spa.

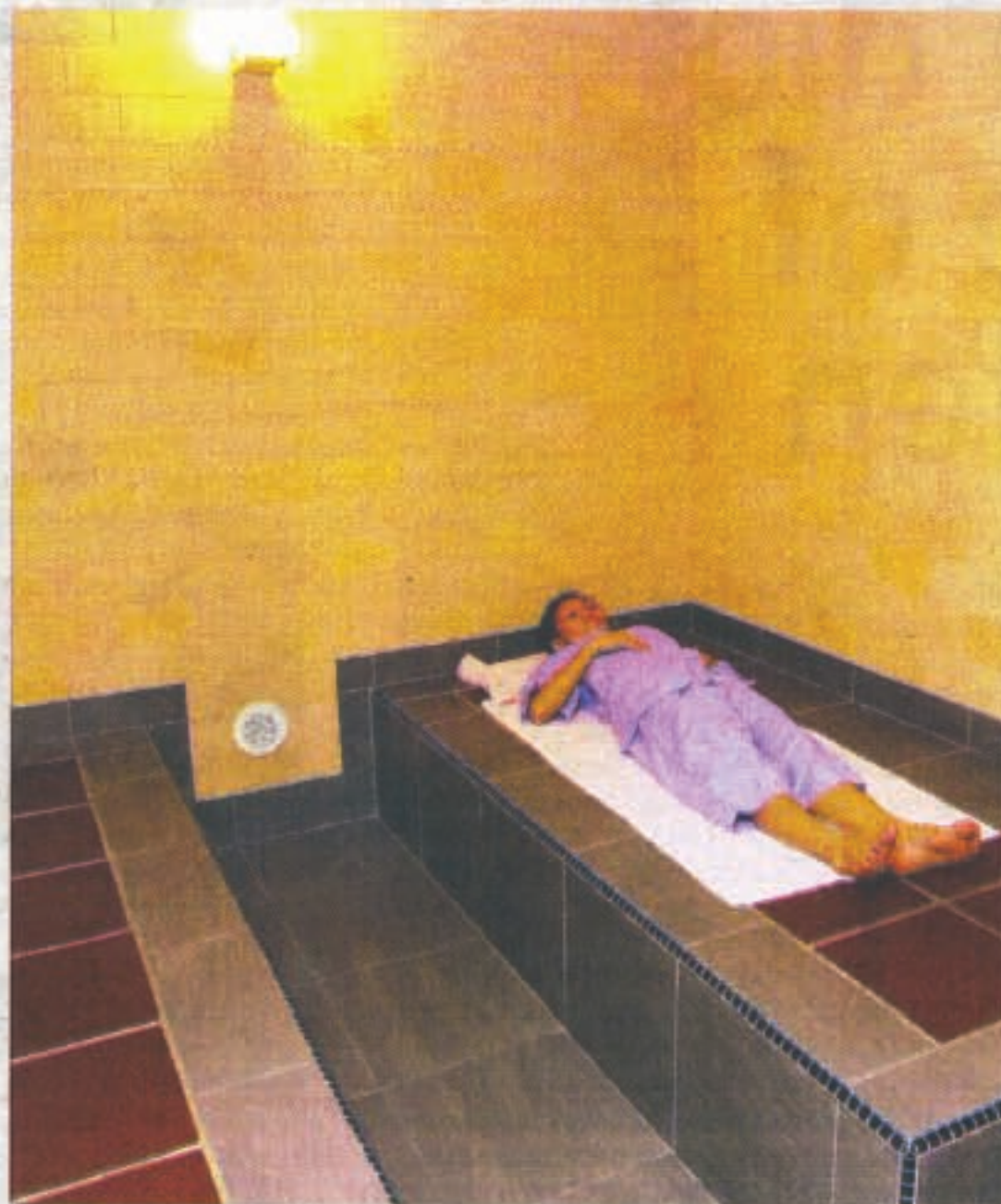
Ecoparadise acts on the simple premise - providing antioxidant-enriched air, which is absorbed by the body. Employing a special technique originating from Japan, concentrated anti-oxidant solution derived from friendly microorganisms is fused into heated ceramic tiled beds. There are no massages or attentive therapists; you simply clad yourself in a Japanese kimono

(yukata) and lie on the warm tiled beds.

"Is that all?" you ask. The Anti-Oxidant Therapy Hot Bed may seem like a simple lie-down but the benefits are far-reaching.

"From the various feedback we get from customers, our spa has helped improve cholesterol, blood pressure, sugar levels, weight loss and complexion," says Ecoparadise operations manager Leroy Chiam.

These heated ceramic tile-beds are deoxidisers that release high doses of negative ions. The rooms are kept at an ambient temperature of about 45°C and relative humidity of about 25-35% for maximum effect and comfort. The rejuvenation sessions increase your blood circulation and metabolism rates. The negative ions in the rooms keep harmful bacteria out and rebuild cells and expel unwanted wastes through your liver and perspiration. Lie down here for 40 minutes and walk out feeling refreshed and energised.



Ecoparadise acts on the simple premise of providing antioxidant-enriched air, which is absorbed by the body. The health and beauty benefits are manifold.

ecoparadise®

エコパラダイス

ECOPARADISE ANTI-OXIDANT REJUVENATION THERAPY CENTER

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Winnie Chong

The beauty conscious will love how it gives beautiful skin. Make this place your quick perk-me-up the next time your skin is looking dull. Skin is but a reflection of your body's internal workings. Many customers of Ecoparadise have walked off with glowing and smoother skin.

Vision Pilates, Stott Pilates instructor-trainer Ginny Heng is a huge fan, "When I first started going regularly, I had less breakouts and was very energetic and hyper. This is better than what a cup of coffee can do. I believe that health is a combination of a healthy diet and exercise and this is a good addition. I try to come every day and recommend it to others as well."

But first, a quick lesson on antioxidants and free radicals.

Why do we need antioxidants?

Antioxidants or negative ions are needed to neutralise free radicals in our body. Excessive free radicals will cause harm and hinder the functions of our body's organ. When the body is enriched with antioxidants, free radicals are neutralised and the body's functions are optimised. This healthy condition also encourages better blood circulation, which improves the supply of oxygen and nutrients to all our body parts.

What do free radicals do to our body?

Excessive production of free radicals is harmful because they damage vital cell structures. This leads to the development of various degenerative diseases like diabetes, arthritis, cancer, Alzheimer's and accelerates the ageing. With ageing comes reduced immunity and loss of memory. It is believed that large amounts of free radicals cause the skin to wrinkle and lose its elasticity.

Ideally, you should be able to get antioxidants from your food but it isn't easy these days with pesticides and pollution. Foods rich in natural antioxidants are tomatoes, broccoli, cauliflower and peppers, or essentially, vegetables and fruits that have a rich colour. Our food is laced with insecticides that kill all nutritional values. Getting antioxidants from the skin has immense health value and can prevent diseases. A bonus of this good health practice is beautiful skin.

For Ecoparadise manager Winnie Chong, the antioxidant-enriched air has given her a new lease in life. Having suffered from lupus for 22 years, she was unable to find work as fatigue set in often and she needed three days to recuperate from three hours of computer work.

On the first day of trying out the tile bed, she was pleasantly surprised when she entered into deep sleep the first night. Never had this happened before. It wasn't a coincidence as it continuously happened.

In the first two weeks, she lost 5kg, as the negative ions helped her to overcome her water retention problem.

As a lupus patient, she took immunosuppressants, which led to a weakened immune system and constant infection attacks. In the last three years since she became a regular at Ecoparadise, she has not had a single infection.

Tan Sri Lee Lam Thye

Tan Sri Lee Lam Thye has also been a regular at Ecoparadise for the past two years. While he has no health problems, he finds the time to come once a week for health maintenance.

"I find the 40-minute session invigorating. When I lie on the tile bed, I perspire a lot. I find the perspiration good, especially for those with sedentary jobs. I believe that the antioxidant-enriched air can help prevent diseases like cancer and maintain good health," he says.

So, the next time you're feeling under the weather, stressed or simply tired, make an appointment with Ecoparadise. Its spa in Jaya One is a spacious and modern centre that offers shower facilities and a resting room.

The Anti-Oxidant Therapy Hot Bed is priced at RM35 for a 40-minute session.

Ecoparadise will give a free gift (with any purchase of a package) to each *The Star* reader who brings in their advertisement. Find it in this *Star Special*.

> Call its outlets at Ecoparadise @ Jaya One (03-7956 3336) or Ecoparadise @ Fraser Business Park (03-9222 2292). Log on also to www.ecoparadise.org