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## Anti-oxidants rooms help get rid of toxins in the body

By YIP YOKE TENG

ANOTHER sanctuary that helps city dwellers stay in good health is available at Fraser Business Park.

However, there are no masseurs, beauticians or fitness instructors here, the "therapists" are the anti-oxidant rich rooms.

Ecoparadise Group of Companies opens its third Anti-Oxidant Rejuvenation Therapy Centre outside Japan, following the success of the two other centres are in Singapore and Sunway Mas Commercial Centre, Petaling Jaya.



Cosy place: Visitors relaxing before and after taking the Ecoparadise Anti-Oxidant Hotbed Therapy.

Health Minister Datuk Liow Tiong Lai officiated at the opening ceremony. With him were Ecoparadise advisor Tan Sri Lee Lam Thye, executive chairman Augustine Koh and Barbarian Company chief executive officer Takanobu Unno from Japan.

"We have all heard about free radicals, which are molecules that contain single unpaired electrons in their outer shells, and how they can be very damaging to our health," Liow said.

"These free radicals are present in our environment and are also produced in our bodies through the ingestion and metabolism of foods," he said.

He added the centre would be a good place for wellness with anti-oxidants released into the air from building materials.

The centre's core service revolves around the Ecoparadise Anti-Oxidant Hotbed Therapy.

Concentrated anti-oxidant solution derived from friendly microorganisms has been impregnated into building materials, including tiles, paints and wax on tiles, through breakthrough technique.

Hot water heats up the anti-oxidant treated tiles and releases anti-oxidants into the air in the climate-controlled chambers.

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It is learned that the therapy has been around in Japan for more than 10 years. The company has more than 50 centres in the country, too.

"While the idea of anti-oxidants is a hot topic in foreign countries, Malaysians are still relatively unaware of its remarkable benefits, especially through this hotbed therapy technique," said Koh.

The hotbed therapy is available at RM35 per 40-minute session.

For details, visit [www.ecoparadise.com.my](http://www.ecoparadise.com.my). The centre is located at 58-4 & 58-5, Jalan Metro Pudu, Fraser Business Park, off Jalan Yew, KL. It can be reached at 03-9222 2292.

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