HOCATT™ Therapy

WHAT TO EXPECT

START OF A SESSION:

In the privacy of a changing room, you remove all articles of clothing and wrap yourself in a towel. You are then assisted into the HOCATT™ chamber where you sit back comfortably on the seat, which can be adjusted for your height. The chamber doors are then closed to cover your body, while your head remains outside of the chamber. You may then open up your towel.

A neck blanket or towel is placed around your neck to ensure that none of the steam escapes from the chamber onto your face. A nasal cannula (or special oxygen jet) will be placed around your neck to provide pure humidified oxygen for you to breathe in – this is to ensure enhanced oxygen saturation in the blood, and also provides an EWOT (exercise with oxygen therapy) effect.

DURING A SESSION:

During the session, steam and far infrared rays (FIR) heat up the body with the intention of raising the core body temperature to rapidly induce an artificial fever. All bodily processes are enhanced at higher temperatures, including the production of hormones and enzymes. Keeping the body in a constant regenerative state helps the body to heal, and to stay healthy and energized. The heat also dilates the pores and enhances circulation, and this is further potentiated by the carbonic acid. The FIR rays penetrate deeply into the skin and subcutaneous tissue, relieving joint and muscle aches/pain and promoting the chelation of heavy metals from the body.

Special electrotherapy programs may be selected to stimulate the muscles, nervous system and cells through foot electrode pads and/or hand held electrodes. It works with frequency specific micro-currents that focus on the specific health issue of the selected program, and promotes the healing and regeneration of damaged tissues.

(Cont.)

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DURING A SESSION: (continued)

Full spectrum coloured light rays also fill the chamber and are absorbed by the skin as they reflect from the steam and the ultra-reflective chamber walls. HOCATT™ uses all colours of the spectrum, from soothing and relaxing to balancing and energizing. You may ask for aromatherapy leaves or oils to be added to the steam jet. If you are physically able, you may also opt to do some seated exercises to increase weight loss during your session.

For the first 3-8 minutes of the session, CO_2 enters the chamber and is converted into **carbonic acid (CA)** as it reacts with the steam. The CA and steam irrigate the skin, and enter through the pores into the blood stream and lymph system. It also dilates the capillaries and the blood vessels, increasing blood circulation throughout the entire body by up to 25%. This also draws more blood to the surface of the skin, which enhances the effects of the ozone therapy. The CA sedates the central nervous system and stimulates the parasympathetic nervous system, relieving tension and stress in the spine and muscles. CA is one of very few compounds that naturally, and without any side effects, increases the uptake and delivery of oxygen at cellular level.

After the CA cycle is finished, the ozone cycle starts, and continues for the rest of the session. The ozone reacts with the H_2O (steam) to form sterilizing H_2O_2 on the surface of the skin. The H_2O_2 is absorbed through the dilated pores and enters into the blood stream and lymph system. One of the main advantages of ozone therapy is that it stimulates the body's natural anti-oxidant system, and boosts energy down to cellular level. It also inactivates viruses, and eliminates bacterial and yeast/fungal infections. Because of the carbonic acid pre-cycle, the absorption of H_2O_2 is enhanced up to 2x as much compared to normal ozone saunas. During this stage you may also elect to use a catheter for vaginal insufflation, or cups for cupping (e.g. breast cupping).

END OF A SESSION:

In order to prevent excess ozone from being released when the doors open, the built-in ozone destructor starts to remove some of the ozone during the last 3 minutes of the session. Once the session has ended, you may then cover yourself with your towel once again. The nasal oxygen cannula and neck blanket / towel will be removed, and then the chamber doors will be opened. When you are ready to stand up, you will be assisted out of the chamber.

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