

Weight Loss Benefits of Foot Detox

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How Toxins Affect Weight Loss and Health

More and more people are realizing the **benefits of detox foot baths for weight loss**. Each day your body is in constant contact with toxic elements. Consistent exposure to these toxins in combination with an unhealthy lifestyle and diet lead to your excretory system not performing optimally. Your excretory system, which is made of organs like your skin, liver, lungs, and kidneys, is responsible for eliminating waste. When your excretory system isn't working at its best, you feel tired and you're more prone to disease, as your immune system is weakened.

Many people who are struggling with weight problems have slow metabolisms. **Your thyroid regulates your metabolic system, and when your body is loaded with toxins, your metabolism grinds to a halt**. This means that regardless of your diet and exercise routine, it's going to be extremely difficult to lose weight. **Getting an ionic foot detox clears your system of these harmful toxins, so you lose weight much easier with a proper diet and exercise plan**. You'll find that it's much easier to make a permanent lifestyle change when you're actually seeing results quickly and feeling healthier.

How does an Ionic Foot Detox Bath Work?

An ionic foot detox machine helps balance your body's natural energy system. Through utilizing ionization and osmosis, as well as reflexology concepts, this modern energy therapy device injects a high number of negative ions into the water in the foot bath. This creates a positive cellular environment that **allows your body to naturally detoxify itself**.

It's a well-known fact that **fully-charged cells efficiently metabolize fat cells**. When you receive an ionic foot detox bath, the device fully charges the cells, and this **leads to impurities in your body, such as fat, to be released into the water through your feet, as your body naturally rids itself of fats and disease**.

A foot detox offers many more benefits, including:

- Boosting your metabolism.
- Reviving your body's ability to burn fat effectively.
- Ridding your body of toxin-loaded fat cells.
- Decreasing cellulite.
- Helping you reach and sustain a healthy body weight.

Blockage and toxic buildup in your pores make it hard for diseases to escape, and they end up circulating throughout your body. **Cleansing your body through your feet stabilizes natural energy and balances out natural metals**. Ancient Chinese civilizations knew about this idea hundreds of years ago and refer to the concept as "chi."

Reasons to Use an Ion Foot Detox for Weight Loss

Many people use diet pills for weight loss, and while they often produce results, there are many potential negative side effects. **A detox foot bath has no negative side effects, and because it utilizes the mechanical and scientific principle of osmosis, it's a healthy and natural way to shed weight**.

Furthermore, you'll notice an energy boost, reduced acne, and better-looking skin after a detox foot spa treatment.

Maximize Your Weight Loss from an Ionic Foot Bath

While an ionic foot detox offers many benefits, there are certain things you can do to make the process even better. It's important to understand that an **ionic detox foot treatment helps balance alkaline levels and acids** in your body. Make sure you're avoiding highly acidic foods and tap water. **Pick alkaline food items** (food with a pH above 7), **drink purified water**, eat a fair amount of **vegetables and fruits**, and seek out foods with organic farm labels.

You Can Actually See the Toxins in the Water

Reflexology explains that your **feet are the root of your central nervous system**. This is why you can feel and **see** exactly what's going on inside your body while you're enjoying an ionic foot detox treatment.

After toxins leave your body through the ionic foot bath, sweating, and by going to the bathroom, your organs become stimulated and energized, which allows them to function optimally. Supporters in the ionic detox industry discovered that **the consistency and color of the water may change during a detox treatment**. Many people strongly believe that **particular colors are connected with various body systems**. **For a more detailed explanation, see the image below.**

Ionic Cleansing at Matrix Massage & Spa

Improve your mind, body, and spirit, truly feel cleaner and lighter on your feet by getting an ion foot detox bath at Matrix Massage & Spa in Salt Lake City, Utah. Our caring professional therapists offer our experience and expertise in an ionic foot detox as well as [many other services](#) including [salt body scrubs](#), [facials](#), an amazing spa package, our relaxing [meditation cave experience](#), and several forms of massage to choose from! [Contact Matix Massage Spa in Salt Lake City, Utah](#) today to schedule an appointment. We look forward to helping relieve any stress from your life and leave you feeling uplifted and taken care of!