

# Far Infrared Sauna

## Far Infrared Sauna: Our 800 Calorie Box!

### During Your Far Infrared Sauna Session

You will begin your Far Infrared Sauna session by applying our unique blend of detoxifying essential oils to those "trouble" areas.

### Benefits of Far Infrared Dry Sauna Treatments

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#### Weight loss

One 30-minute session burns up to 300 calories. That's the equivalent of a 3-ounce piece of cheesecake! One single far infrared therapy session can raise your metabolism for the remainder of the day, providing you with additional burning power of up to 500 extra calories, **giving a total of 800 calories burned in a given day**. Imagine how quickly those calories can add up to help you drop those unwanted pounds if you began receiving a series of far infrared treatments in succession.



#### Detoxification

The rays penetrate into the tissues and stimulate the release of toxins that are stored deep within the body. Eliminating toxins from your body helps protect you from developing cancers and degenerative diseases. Once cleansed, you'll have more energy to do the things you love to do.

#### Improves skin conditions and helps treat cellulite

Infrared therapy has been shown to relieve acne, psoriasis, burns, eczema and also removes roughness and decreases scarring. The deep penetration of infrared energy aids in the breakdown and release of stored fat from the body. Thus it helps reduce the appearance of cellulite.

#### Improved Immune System

Infrared sauna treatments raise your core body temperature, thus stimulating the immune system and making you stronger at fighting off viruses, bacteria and other infections. If you feel the early signs of a cold coming on, come in for a sauna treatment to help rev up your immune system. This will reduce your number of sick days.

#### Pain Relief

Far infrared therapy has been shown to be effective at providing pain relief to those suffering from rheumatoid arthritis, back pain, sprains, strains, bursitis, Fibromyalgia, headaches, migraines, and many other muscular-skeletal ailments. It is excellent for reducing pain and soreness in muscles and joints after a workout.

#### Heart Health

Infrared therapy stimulates the cardiovascular system, resulting in similar conditioning benefits to that of continuous physical exercise. It has been used to treat high cholesterol, high blood pressure, and congestive heart failure. Sauna combined with dietary changes, supplementation, and regular daily walking can bring your cholesterol levels back to normal in as quickly as 6 months.

## **Stress Relief**

Infrared therapy has been shown to promote total body relaxation. It balances the body's hormones through the nervous system, thereby reducing the negative impact of stress on the mind and body. For those suffering from insomnia, infrared therapy can promote a deeper and more restful sleep.

## **What exactly is far infrared sauna, and how does it work?**

Infrared waves are part of the invisible electromagnetic spectrum (EM). The human body naturally sends out and absorbs far-infrared waves. The optimal range of wavelengths that has regenerative effects on our bodies are between 7 and 14 microns – known as the “Vital Range”. Japanese medical researchers suggest that this frequency causes water molecules to vibrate, which can accelerate the release of toxins from the body, bringing you multiple health benefits.

Infrared saunas are superior to traditional saunas in that they operate at lower temperatures of 30-60C compared to traditional saunas that operate at 85-110 C. This allows you to be able to breathe comfortably and enjoy the benefits for extended periods of time. The infrared rays penetrate up to 2 inches deep, giving your organs and tissues a thorough stimulation. This induces sweating 2-3 times as much as conventional saunas. Due to busy schedules, many of us find it challenging to engage in activities that promote active sweating. Numerous medical studies show that deep sweating has multiple benefits such as helping to reduce levels of heavy metals, pesticides, herbicides, pcbs, and hydrocarbon residues – all toxins commonly picked up from our environment. Regular bathing in our dry infrared sauna will allow you to perspire more quickly and profusely, and hence reap the benefits of a good deep sweat.

Far infrared rays are safe, naturally occurring and has many benefits to the human body. They are so safe and beneficial that doctors use them in hospitals to warm newborn babies. To fully understand far infrared therapy, imagine placing one thermometer in the sun and 1 in the shade. The thermometer in the sun is warmed by far infrared and will read higher, even though the outside temperature is still the same. The far infrared sauna operates in the same way as natural sunlight, but without the harmful side effects of solar UV radiation.

This therapy has a long list of reported benefits including: increased circulation and delivery of oxygen and nutrients to the cells, faster wound healing, increased metabolism, increased weight loss, enhanced immune response, improved lymph circulation, strengthened circulatory system, and removal of heavy metals-just to name a few\* A complete relaxation and regeneration experience. Sessions include use of private shower. \*