



Infrared saunas are more than just a sauna...

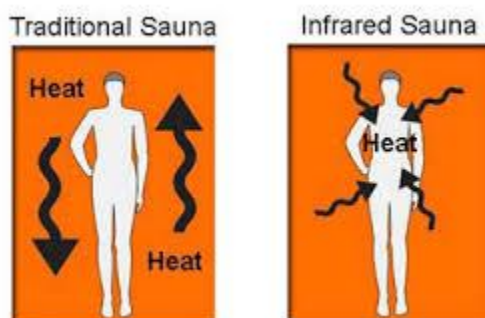


What is an infrared sauna?

Infrared saunas are completely safe and produce the same far-infrared heat produced by the sun. Far-infrared heat is required for all living things for optimum health. The infrared light (experienced as heat) is the invisible part of the sun's spectrum with the ability to penetrate the skin.

What is the difference between an infrared sauna and a traditional sauna?

Infrared technology radiates heat tuned to the temperature of our bodies and works like a sunny day- 93% of the energy penetrates below the skin. The ability to penetrate the human tissue directly results in 7 times the effectiveness of a traditional sauna, producing a host of benefits. Traditional saunas heat the air to above boiling point, which overheats the skin and leaves you feeling claustrophobic.





How does an infrared sauna work?

The idea behind infrared therapy is to heat your body directly with far infrared heat. In a traditional sauna you are just sitting in a hot room - 180-220 degrees. In an infrared sauna, the heat is heating your body directly and only 20% of the heat is heating the air. You want to heat your body core, meaning your front core and your back core. Your body absorbs the infrared heat and reacts to it.

The infrared heat raise your core body temperature and stimulates your lymphatic system, immune system and your cardiovascular system. Your bodies response to that is to sweat profusely.

In addition to the infrared heat triggering a profuse sweat, the water in our bodies also resonate with far infrared heat and this also helps with the detoxification process.

What are the benefits of an infrared sauna?

The radiant heat from the sauna surrounds you and penetrates deeply into your joints, muscles and tissues, speeding oxygen flow and increasing circulation. Using the sauna will help to remove impurities from your cells, specifically the cells inside our fat where our body stores waste and harmful toxins such as cholesterol and heavy metals. When used properly, will help provide a lifetime of healthful living.

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