

HEALTH BENEFITS OF A FAR INFRARED SAUNA

PAIN RELIEF

The infrared energy released by a FAR infra-red Sauna can penetrate up to 1.5" deep into muscle tissue. 93% of this energy is absorbed through our skin. By heating these tissues, we experience a vasodilatation of peripheral blood vessels which can be beneficial in reducing muscle spasms, joint stiffness and achiness, as well as general aches and pains due to conditions such as Fibromyalgia, Osteoarthritis and Rheumatoid Arthritis. There is also evidence that when used 24-48 hours post injury, far infrared energy can reduce the time it takes for your body to heal sprains and strains. May help to reduce pain and swelling in the body.

DETOXIFICATION

Since the skin is our largest organ, it plays an important role in eliminating undesirable toxins. Some physicians refer to the skin as a third kidney. The deep penetration of a FAR infrared Sauna allows removal of toxins stored in fat cells. Detoxifying in a FAR infrared Sauna helps rid your body of potential carcinogenic heavy metals such as mercury and lead, as well as alcohol, nicotine, sodium, sulfuric acid and cholesterol.

CLEANSE YOUR BODY WITH EASE.

WEIGHT LOSS

As you bask in the comforts of our Sauna, your body is actually hard at work attempting to maintain a constant core temperature. Our body does this by increasing peripheral blood flow and by sweating. In Guyton's textbook of Medical Physiology, it states that 1 gram of sweat requires 0.568 kcal to produce. An average sauna user can produce 500 grams of sweat and burn 350 calories during a therapeutic sauna session. This is the equivalent of running 2-3 miles. Our infrared sauna can also help rid your body of cellulite which is a gel like substance made up of fat cells, water and wastes.

FEEL THOSE EXTRA POUNDS MELT AWAY.

CARDIOVASCULAR HEALTH

FAR infrared heat therapy is one way to achieve cardiovascular conditioning effects even without exerting yourself. During a sauna session, vasodilatation of peripheral blood vessels occurs which increases heart rate, cardiac output and metabolic rate. This provides a workout for your heart as the body attempts to cool itself in diverting blood from internal organs to the extremities and the skin. Research suggests that regular infrared heat therapy has been beneficial in reducing blood pressure.

RELAX AND GET YOUR HEART IN SHAPE.

STRESS RELIEF & RELAXATION

Wrap yourself in the warmth of our far infrared rays and relax in style. Feel the stress of the day melt away. Increased circulation triggers the release of endorphins, loosening tight muscles and making you feel better all over.

BEAUTIFICATION OF SKIN

Do you want to improve the tone, texture and elasticity of your skin? By sitting in an FAR infrared Sauna, the increased blood circulation to the skin brings fresh nutrients to the surface. At the same time, profuse sweating is assisting in the removal of toxins that accumulate deep within your pores such as make-up, dirt, lotions and conditioners.

LOOK AND FEEL BETTER AFTER YOUR SAUNA SESSION.

TISSUE ELASTICITY

The warmth of our Sauna will relax your muscles, increase flexibility and range of motion. Studies show, tissues heated to 130° and then stretched have exhibited an elastic elongation that persists long after the stretch is removed. This was not the case when the same tissues were stretched at normal tissue temperatures. Therapeutic benefits were also seen in working with ligaments, tendons, fascia, joint capsules and symposiums that have become scarred, thickened or contracted. **IMPROVE FLEXIBILITY BEYOND YOUR EXPECTATIONS.**

CONTRAINDICATIONS FOR USE OF INFRARED SAUNA THERAPY

PRESCRIPTION DRUGS: Always check with your physician or pharmacist for possible interactions with a drugs affect due the use of an infrared sauna.

CERTAIN DISEASES: Raising the core temperature may be contraindicated for individuals with adrenal suppression, multiple sclerosis, or systemic lupus erythematosus.

JOINT CONDITIONS: An acute joint injury should not be heated within the first 48 hours, or until the joint erythema and swelling subsides.

PREGNANCY: When pregnant, it is recommended to discontinue use of infrared saunas immediately.