

Far Infrared Sauna

Infrared radiant energy is part of the Sun's invisible electromagnetic spectrum of light, just below red light, that has the ability to penetrate the human tissue. Infrared heats the body directly, rather than just the air and is similar to sunbathing, **without** the harmful ultraviolet waves that the sun gives off. Just as visible light has a range of wavelengths, so does infrared light; running from shorter wave infrared to medium wave and long infrared. Many health studies have shown far infrared heat to be the most beneficial, penetrating the body's tissues to a depth of over 1&1/2 inches and increasing circulation to help detoxify the body.

Far Infrared Sauna versus a Hot Rock Steam Sauna

Steam saunas must rely on indirect means of heat and can be unbearably hot, make the air difficult to breathe and they cause you to sweat only on the surface. Far infrared saunas warm you to a much greater depth and much more efficiently. They increase the body's core temperature, causing a deeper sweat and providing many more benefits.

Weight Loss -

Burns up to 900 and more calories in just one 30-minute session!

Detoxifies -

Normal sweat is 97-99% water. Sweat induced by FIR is only 80-85% water, the rest being composed of environmental toxins - some heavy metals, urea, cholesterol and lactic acid. Also loosens cellulite, trapped water, fat and, calcium, fibrin and cellular debris.

Improves Circulation –

Dilates the capillaries, which stimulates increased blood flow, regeneration, circulation, oxygenation and improved exchange of nutrients into cells.

Increases Metabolism –

Stimulates enzyme activity and metabolism.

Relieves Pain –

Effective for arthritis, back pain, muscle spasms, headache, etc.

EMF's –

Far infrared heat is capable of neutralizing the negative effects of toxic electromagnetic frequencies and is the only antidote to excessive ultraviolet radiation.

Injuries –

Accelerates healing of cuts, bruises, sprains and scars; promotes rebuilding of injured tissue; increases growth of cells, DNA syntheses and protein synthesis during tissue repair,

Immune System –

During a normal 30 minute FIR sauna session, your body temperature will be raised, inducing an artificial fever. Fever is the body's natural mechanism to strengthen and accelerate the immune response, as seen in the case of infection. This enhanced immune system, combined with improved elimination of toxins and wastes via intense sweating, increases your overall health and resistance to disease.

Relaxation –

Relieves muscle tension, relaxes the entire body and mind.

Kills Bacteria and Fungi –

Promotes the killing and removal of bacteria, viruses and parasites.

Safety

Panels that produce similar infrared rays are used in hospitals to warm newborn babies. NASA has used infrared heat to keep their astronauts warm. Infrared energy has nothing to do with either ultraviolet radiation or atomic radiation.