

Benefits of Far Infrared Sauna Therapy

Detoxification ~

Sweating is the body's safe and natural way to heal & stay healthy. Far infrared therapy helps your body detoxify at the cellular level. One liter of sweat lost during a traditional steam sauna session contains approximately 3% toxins; in an infrared sauna session, it contains up to 20% toxins!

Weight Loss ~

Studies have shown that benefits of an infrared sauna session can burn upwards of 600 calories while you relax! Body fat becomes water soluble at 110°F, and fat molecules can be released through the pores during an infrared sauna session.

Pain Relief ~

Infrared sauna therapy provides deep penetrating heat to joints, muscles and tissues, increasing blood circulation and speeding oxygen flow to areas of pain and discomfort. Doctors often recommend infrared heat therapy to patients who suffer from chronic pain due to arthritis and fibromyalgia, and to athletes for relief from sports injuries.

Anti-Aging/ Skin Rejuvenation ~

The removal of toxins from the body through perspiration is a key component to achieving healthy, radiant skin. Because of its ability to heal and rejuvenate skin, infrared therapy is often recommended for the treatment of skin conditions such as eczema, psoriasis, acne and cellulite. Many infrared sauna users have reported a reduction in fine lines and wrinkles as well as improved skin tone and elasticity.

Cardiovascular Health ~

Studies indicate that regular use of an infrared sauna improves cardiovascular health by increasing blood flow, lowering blood pressure, and improving circulation. In fact, heating the muscles with infrared rays produces an increase in blood flow similar to that seen during exercise.

Relaxation ~

Unlike traditional saunas which operate at extremely harsh temperatures, infrared provides a gentle, soothing and therapeutic heat that promotes relaxation and improved sleep, leaving you fully refreshed after each session.