

Far-Infrared Sauna

Why Detoxify?

Our bodies accumulate different types of toxins every day through eating, drinking and breathing, as well as exposure to medications, chemicals, toxic environments, and heavy metals, (via amalgam fillings, fish consumption, air pollution, etc.) These toxins cause cells within the body to die faster, which can lead to pre-mature aging and diseases. Our bodies have organs and systems to detoxify them, but, over the years, the accumulation of toxins, the effects of illness and disease, improper diet, or a sedentary lifestyle can cause these detoxifying organs to function sub-optimally. This can, in turn, leave us with lethargic and weak immune systems, as well as a susceptibility to several chronic conditions.

What is Far-Infrared?

Infrared energy is a form ionizing rays or wavelengths on the light spectrum not visible to the human eye. Our body’s tissues normally produce infrared energy for use by the body in several healing processes. Far infrared energy can penetrate beyond skin level and is absorbed efficiently, whereas visible light mostly bounces off the skin surface. Additionally, far-infrared can penetrate skin up to 2 inches whereas near-infrared is mostly absorbed at skin level and only raises skin temperature.

Potential Health Benefits of Far-Infrared Sauna

* **Enhanced Immune Health**

Each far infrared sauna session causes a brief, beneficial increase in body temperature, which improves immune system health by boosting production of infection-fighting white blood cells and killer T-cells.

* **Improved Cardiovascular Conditioning**

Medical research shows that regular use of far infrared sauna may be as effective for cardiovascular conditioning as exercise. As the body heats up, it cools itself by sending blood from the internal organs to the extremities and the skin, thus increasing heart rate, cardiac output and metabolic rate.

* **Stress Relief**

High daily stress levels put constant strain on the body’s nervous system and can contribute to chronic disease. The far infrared sauna helps to reduce physical stress by boosting circulation and triggering the production of endorphins, the “feel good” hormones.

* **Weight & Cellulite Control**

Toxins can play a significant role in preventing us from losing weight as well as gaining weight. Those wishing to lose weight should note that the cardiovascular effect from a single sauna session burns as many as 600 calories. The sauna is also quite effective at dealing with cellulite when combined with massage therapy and nutrition.

* **Pain Relief**

By dilating blood vessels, infrared heat increases blood circulation to injured areas, speeding up the healing and relieving pain.

* **Detoxification**

Sweating is a critical human detox function, yet most people don’t sweat regularly or enough. An infrared sauna’s deep penetrating heat is what most effectively stimulates metabolic activity, which in turn triggers the release of stored toxins through sweat, as well as through the liver and kidneys.

What to bring

* **Towels**

2 large bath size (one to sit on and one to wrap yourself with)

2 small, hand sized (one to place under your feet, and one to wipe off sweat during your session)

* **Reading materials, journal, and/or other non-electronic ways to pass your time**

Due to the possibility of damage to electronic devices, all cellphones, tablets and/or other electronic devices will not be allowed in the sauna.

* *\*\*\*If you are unable to bring your own towels, we do have towels available for a fee of $4.00\*\*\**

Here are a few guidelines for safe and effective sauna use

* Proper hydration is a primary requirement of sauna use. Drinking plenty of fluids is recommended before, during and after infrared sauna use. Pre-sauna session, hydrate with at least 8 ounces of water to prepare your body for an increase in core body temperature. Post-sauna session, drink at least 24 ounces of water or electrolytes to rehydrate. *\*A trace mineral drink replacement is available upon request for $1.00.*
* Listen to your body and be aware of excessive detoxifying. If you begin to feel nauseous, fatigued, light headed, extremely faint, or have flu-like symptoms, discontinue use.
* If you are unable to follow up with a refreshing shower soon after your session is complete, please let us ahead of time, so we can provide a cool, wet hand towel for you to use after your sauna.
* Some people cannot do a full 30-minute session at first. Based on personal tolerance, some individuals need to gradually increase their time. Please listen to your body and do not hesitate to cut your session short, should you feel the need. As your body gets accustomed to infrared therapy, you will, most likely, be able to complete a full session.
* It is highly recommended that you wait for an hour or so after a meal before engaging in infrared sauna therapy. Therapy right after a meal may interfere with proper digestion and cause mild stomach cramps.
* Alcohol consumption during, or prior to, a sauna session is prohibited.
* Diabetics or anyone being treated for heart conditions, circulatory issues or those taking prescription medications that may be affected by infrared waves should consult with their doctor before starting a new treatment or therapy.

Additional Sauna Protocol Information

*It is highly recommended that Infrared Sauna therapy not be used if you:*

* Have a cardiovascular condition
* Have a pacemaker or other electronic implements
* Are pregnant or nursing
* Have an acute illness/fever or a recent injury (less than 48 hours)
* Have an enclosed infection or open wounds
* Have an illness that is made worse with excess heat
* Have a disorder that impairs your ability to sweat (such as Parkinson’s Disease, Multiple Sclerosis, Central Nervous Systems Tumors and Diabetes with neuropathy)
* Have a bleeding disorder
* Are using any medications that may be affected by infrared waves such as diuretics, barbiturates, anticholinergics, beta-blockers and antihistamines.
* Are 17 years of age or younger

 *Disclaimer: These statements have not been evaluated by the FDA. This product, information, or therapy is not intended to diagnose, treat, cure or prevent any disease.*