

# Discover all the amazing benefits of Far Infrared Heat Therapy

- ***Burns calories & controls weight***

As you relax in the gentle heat of the sauna or body wrap your body is actually hard at work, producing sweat, pumping blood – and burning calories. According to a Journal of the American Medical Association report, in a single session you may burn as many calories as you would rowing or jogging for 30 minutes. So you lose weight – not just water.

- ***Increases blood circulation***

As your body increases sweat production to cool itself, your heart works harder pumping blood at a greater rate to boost circulation, supplying the conditioning benefits of continuous exercise. Heart rate, cardiac output and metabolic rate increases, while diastolic blood pressure drops, for improved overall cardiovascular fitness.

- ***Relieves pain***

The deep heat of infrared heat helps peripheral blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries. Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen-depleted muscles, so they recover faster. Muscles relax most readily when tissues are warm, for greater flexibility and range of motion.

- ***Eases joint pain & stiffness***

In Europe, radiant heat therapy is widely used to treat patients suffering from many forms of arthritis. In addition, it has been proven effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other muscular-skeletal ailments. Much of the stiffness, aches and soreness that come with aging is reduced or eliminated.

- ***Improves the immune system***

A sauna's deep heat raises your body temperature, inducing an artificial fever. As it works to combat the "fever," your body's immune system is strengthened. Combined with the elimination of toxins and wastes produced by the intense sweating, your overall health and resistance to disease is increased.

- ***Removes toxins & mineral waste***

Increased blood circulation stimulates the sweat glands, releasing built-up toxins and waste. Daily sweating can help detoxify your body as it rids itself of an accumulation of potentially carcinogenic heavy metals (lead, mercury, zinc, nickel, cadmium) as well as alcohol, nicotine, sodium, sulfuric acid and cholesterol.

- ***Reduces stress & fatigue***

Perhaps the most immediate relief your body wrap or sauna session offers is simple relaxation, as it melts away the stresses and tension of every day life. Just a few minutes of the gentle warmth of your session gives you an overall massaging effect, soothing jangled nerves and knotted muscles. You'll feel rejuvenated and renewed, restored in both body and mind.

- ***Enhances skin tone***

The profuse sweating achieved after just a few minutes during your session carries off deeply embedded impurities and dead skin cells, leaving the skin glowing and immaculately clean. Increased circulation draws your skin's own natural nutrients to the surface. You'll see improved tone, elasticity, texture and fresh color. Increased blood circulation has also been shown to relieve acne, eczema, psoriasis, burns, lesions and cuts. In addition, open wounds heal more quickly, reducing scarring.