

## Major Advantages of Far Infrared Saunas Over Conventional Saunas

-Far infrared saunas operate at temperatures of 100 degrees F to 130 degrees F. conventional saunas operate at temperatures of 180 degrees F to 220 degrees F, temperatures are not as well tolerated.

-Far infrared is claimed to heat tissue three time as much as conventional saunas.

-Far infrared's resonant absorption causes more toxins expelled through the kidney, liver, and hair.

-Far infrared saunas are safer as there are no hot surfaces or high temperatures.

-Less than 20% of the infrared energy heats the air, leaving 80% available to be directly converted to heat within the body.

-Warms the user to a much greater depth (up to three inches) and more efficiently than the conventional sauna.

-Induces 2-3 time the sweat volume as conventional saunas, increasing many of the health benefits, including detoxification, cardiovascular conditioning, and calorie burning.

-The lower heat ranges may be safer for those with cardiovascular risks.

## Infrared Sauna Services

Infrared Sauna ( 20 minutes ).....\$35.00  
☐ ( 30 minutes ).....\$45.00

Infrared Sauna and Full Body Swedish Massage  
(70 minutes; 20min. sauna, 50min. massage).....\$95.00

Infrared Sauna and Chi Detox Body Wrap  
(70 min.; 20min. sauna, 50min. body wrap) .....\$135.00

We host a detox party every month.  
Call to book your appointment!



*Introduces*

# Infrared Sauna



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# Health Benefits of Infrared Sauna

In general, the following factors can be considered when exploring the "benefits" of FIR Sauna (Farinfrared Sauna) Therapy.

## Metabolic Changes

An increase in temperature will result in an increase in the metabolic activities in the superficial tissues only due to the direct effect of heat on chemical processes. Metabolic rate increases approximately 13% for each 1 degree C increase in temperature.

## Cardiovascular Health

The FIR Sauna increases heart rate and blood circulation, crucial to maintaining one's health. The heart rate increases as more blood flow is diverted from the inner organs towards the extremities of the skin, without raising blood pressure.

## Weight Loss

To produce one gram of sweat requires 0.568Kcal. Thus, reports state a conditioned person can easily lose 500 grams of sweat in a sauna, consuming nearly 300Kcal (equivalent to a 2 -3 mile run). While the weight of the water will be regained easily by drinking, the calories will not.

## Arthritis

The heat itself may help control pain and increase joint mobility. However, sauna use alone does not modify the natural process of the disease. The joints are more supple through altered properties of joints and tendons, which may help temporarily improve movement.

## Speedy Recovery From Injuries

For Injuries, FIR generated heat stimulates vasodilatation of peripheral blood vessels, bringing oxygen to joints and extremities, speeding the healing of sprains and strains, thus relieving pain and reducing the time it takes the body to recover from an injury.

## Collagen

Studies do show that heat does alter the behavior of collagen and therefore may be used prior to applying passive stretch or active exercise in order to facilitate the lengthening of scars or contractures.

## Joint Stiffness

Studies show there was a 20% decrease in stiffness at 45 degrees C as compared to 33 degrees C in rheumatoid finger joints.

## Muscle Spasms

Muscle spasms are known to be reduced by heat, be the secondary to underlying skeletal, joint or neuro-pathological conditions.

## Stress Reduction and Relaxation

FIR Sauna heat treatment before a massage also helps prepare the body by creating an overall relaxing effect. It loosens the muscle tissue so the therapist can do a more thorough and effective massage.

## Wound Healing

Research does show that there is a positive effect on wound healing. Thus this product can play a role in treatment of skin ulcers and delayed postoperative wounds.

## Skin Beautification

For that sought after healthy glow, FIR Sauna heat therapy allows increased blood circulation to carry great amounts of nutrients to the skin, thus promoting healthy tone and texture. A FIR Sauna heat bath also provides a mild cleansing of the skin.

## Studies Have Shown...

### *Improvement in Patients with Congestive Heart Failure*

- In the Journal of Cardiac Failure, researchers reported statistical improvements in blood pressure, strength of heart (ejection fraction on echo cardiogram), and exercise tolerance while reducing number of hospital admissions for this condition in patients treated with sauna. Sauna may be an effective adjunctive treatment in this patients with this condition.

---Miyamoto, H. et al. Safety and efficacy in repeated sauna bathing in patients with chronic systolic heart failure: a preliminary report. *Journal of Cardiac Failure*. 2005; 11(6): 432-6  
These claims also supported by Michalsen A, et al. Thermal hydrotherapy improves quality of life and hemodynamic function in patients with chronic heart failure. *American Heart Journal*. 2003; 146(4): 728-33

### *Improvement in Patients with Mild Depression*

- A study out of *Psychosomatic Medicine* looked at a group of 28 mildly depressed patients with appetite loss and subjective symptoms and treated half of the patients with sauna once a day for 4 weeks and half with just bed rest for 4 weeks. They showed a significant improvement in somatic complaints, hunger and relaxation scores in the group treated with sauna compared to the control group. In addition, the plasma ghrelin and daily caloric intake improved in the sauna group significantly more than controls. More research is needed on long term effects.

---Masuda A, et al. Repeated thermal therapy diminishes appetite loss and subjective complaints in mildly depressed patients. *Psychosomatic Medicine*. 2005; 67(4): 642-47

### *Improvements in Patients with Chronic Pain*

- A study in *Psychotherapy and Psychosomatics* tested 46 patients with chronic pain using a variety of treatment modalities with and without far-infrared sauna. They found a decrease in pain score, pain behavior, self-rating depression and anger score in both groups of patients, but a more significant drop was noted in the sauna group. Two years after treatment, more of the patients in the sauna group had returned to work than those without sauna treatment. This may be a very promising method for the treatment of chronic pain.

---Masuda, A, et al. The effects of repeated thermal therapy for patients with chronic pain. *Psychotherapy and Psychosomatics*. 2005; 74(5): 288-94