

# Enjoying the Benefits of a Sauna

## Recommended time for Sauna usage: 20-30 minutes

- ❖ **Toxin Expulsion** – Toxins such as sodium, alcohol, nicotine and carcinogenic heavy metals (cadmium, lead, zinc and nickel) and mercury accumulate in the body during modern daily life. Infrared heat therapy stimulates sweat glands that cleanse and detoxify skin.
- ❖ **Stress Reduction** - Infrared heat therapy loosens the muscle and relaxes the body prior to a massage. Many massage therapists use infrared heat to provide more thorough and effective treatment.
- ❖ **Skin Benefits** - Infrared heat improves circulation, expels dirt and chemicals and removes dead cells on the surface of the skin. All of these benefits lead to a softer and firmer complexion. It also reduces wrinkling associated with aging.
- ❖ **Weight Control** - Perspiring is part of the complex, thermoregulatory process of the body that increases the heart rate, cardiac output and metabolic rate. This process requires a large amount of the energy and reduces moisture, salts and subcutaneous fat. Fat becomes soluble at 42 deg. C and the body sweats out the fats and toxins.
- ❖ **Pain Relief** - Infrared heat relieves pain by expanding blood vessels and increasing circulation. Better circulation allows more oxygen to reach injured areas of the body and helps reduce pain and speed up the healing process. Many people use Infrared heat as a successful treatment for arthritis, muscle spasms and rheumatism.
- ❖ **Provides the Same Effects as Exercise** - The heart receives a workout similar to a 6 mile run in a 20-30 minute sauna session by releasing the same amount of perspiration. Infrared saunas are perfect for those that do not have time for regular exercise or suffer from injuries that inhibit rigorous activity.
- ❖ **Improved Immune System** - During a fever, the body heats up to eliminate viruses and attack foreign agents. Subsequently, the body wards off invading organisms much more easily because the immune system is activated consistently by the "artificial fever". Recent studies also show that colds and flu-like illnesses are reduced dramatically if treated in early stages with sauna therapy.

