

Health Benefits of Infrared

The health benefits of sauna bathing on a regular basis are held by many medical professionals to be an important component of a personal wellness program.

Below are the most common health benefits associated with infrared sauna bathing on regular basis:

- **Detoxify.** The regular use of an Infrared or Traditional Sauna can add the practice of actively sweating on a regular basis to our lifestyle.
 - Numerous medical studies show that deep sweating in a sauna can help reduce levels in the body of lead, copper, zinc, nickel and mercury, all commonly picked up from our environment.
- **Relaxes Muscles.** Under high heat the body releases endorphins, the body's naturally produced pain relieving chemical. It also causes blood vessels to dilate and circulation to increase and the increased blood flow accelerates the body's natural healing process, soothing aches and pains as it relaxes the muscle.
 - Many health practitioners use Infrared to help relax the muscles, improve range of motion and to soothe aches and pains in muscles and joints.
- **Provides Relief from Arthritic pain.** Similar to above bullet, the heat therapy reduces pain in muscles and joints through enhancing the body's natural processes.
- **Relieves Stress.** Probably the most cited benefit for all heat bathing—using a sauna to relax at the end of a long stressful day is one of life's greatest pleasures.
- **Inducing a deeper more relaxing sleep.**
- **Cleanses skin.** Similar to detoxification deep sweating in an Infrared sauna helps remove embedded oils under the skin facilitating cleaner pores and enhancing the release of dead skin cells thus producing softer healthier appearing skin.
- **Passive cardiovascular activity** to condition your heart. As the body heats up, vessels dilate and cardiac output increases. A sauna provides the equivalent heart rate increase as light exercise.
- **Burns calories.** You may not realize it, but sitting in a sauna for 20 to 30 minutes can burn 200 to 300 calories. Your body works hard to remain cool and it causes passive cardiovascular activity that burns calories. A sauna does it without stress on your joints or major muscle groups.
- **Feels good.** Sitting in the enveloping heat of Saunatec's CarbonFlex® sauna is a comforting experience. Your entire body is heated evenly and you are surrounded in a warm, enveloping heat.

Relaxing in a far-infrared sauna not only feels good, but it's good for you!