

Experience the Therapeutic power of Infrared sauna with radiant heat

What is infrared heat?

Simplified, **infrared heat**, heats objects without heating the air between. **Infrared** is an invisible wave of light which heat is transmitted by. **Infrared light** can only be seen with special cameras that translate **infrared light** into color. It uses **infrared radiant** energy to directly penetrate into the body's tissues. Our bodies absorb around 93% of the **infrared waves**.

The **Infrared Heat** is used in numerous clinics around Canada and the USA, for treating patients with numerous health problems such as **fibromyalgia, mercury toxicity, arthritis, and other chronic pain conditions**. The heat also aids in **calorie loss, eczema, psoriasis, cellulite**, and beneficial with any other health related problems where detoxification would apply.

How is Infrared sauna different from a Hot-Air Sauna?

A **Conventional Sauna** relies on indirect means of heat. First convection (air currents) and then conduction (contact of the hot air on the skin) to produce this heating effect on us the temperatures range from 180 -235 F. This excessive hot-air then only heats the skin surface superficially.

A **Radiant System** warms its user to a much greater depth than a conventional sauna, using direct infrared energy to penetrate the body's tissues to a depth of 1 _ inches. About 20% of the infrared heats the air leaving 80% available heat to penetrate into your skin. This Sauna has air temperatures ranging from 110 -140 F.

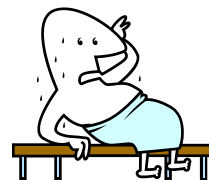
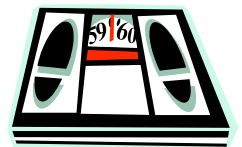
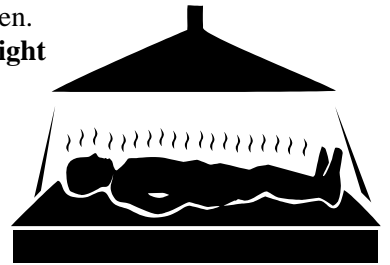
What are the benefits of the Infrared Sauna?

- **Burns 600 or more calories in a 30 min session**, therefore assisting in weight loss
- **Clears Cellulite** water and debris trapped in pockets beneath the skin
- **Speeds up metabolic** processes of vital organs and endocrine glands
- Places **demands upon the cardiovascular system**, making the heart pump harder and produces a drop in diastolic blood pressure
- **Creates a "fever" action killing potential viruses and bacteria** by increasing the number of leucocytes in the blood, thereby, strengthening the immune system to fight flu, colds, cancers. Stimulating body's own natural healing process
- **Excretes toxins from the body** which include **cadmium, lead, zinc, mercury, nickel, sodium, sulfuric acid and cholesterol**
- **Stimulates vasodilation of peripheral vessels**, which relieves pain and speeds healing of **sprains, strains, bursitis peripheral vascular diseases, arthritis and muscle pain**.

What are the dangers in toxins?



Toxicology research is making it increasingly clear that our environment plays an enormous role in health and sickness. Are you feeling terrible and don't know why? An imbalance of essential minerals or heavy metal toxins can affect your overall well being. Minerals and toxins can affect many areas of your body including brain function and activity, high blood pressure, immune system, digestive disorders and sexual dysfunction.



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