*Health Benefits of the Infrared Sauna*

*Detox:*

Sweating is one of the body’s most natural ways to eliminate toxins. When compared to traditional Swedish saunas, infrared saunas allow you to detox about seven times more toxins, leaving you fully refreshed and rejuvenated after each session.

*Increase circulation:*

Heating the muscles with infrared rays produces an increase in blood flow similar to that seen during exercise. If you suffer from muscle aches or joint pain, infrared saunas can relieve inflammation by increasing circulation and relaxing your muscles.

*Lower Blood Pressure:*

Studies have shown that a 30 minute sauna session, three times per week, can help to lower blood pressure.  Repeated infrared treatment can improve impaired blood vessel functions in people with high blood pressure, diabetes and high cholesterol.

*Improve immunity:*

A fever is the body’s natural mechanism to strengthen and accelerate the immune response.  The enhanced immune response, combined with improved elimination of waste via intense sweating, can increase your overall health and resistance to disease.

*Burn calories:*

Studies have shown that an infrared sauna session can burn upwards of 600 calories.  As the body works to cool itself, there is a substantial increase in heart rate, cardiac output and metabolic rate, causing the body to burn more calories.

*Relax & Rejuvenate:*

Infrared saunas help to balance your body’s level of cortisol, your body’s primary stress hormone. The heat generated by the sauna will also help to relax muscles and relieve tension throughout the body, allowing you to relax and de-stress.

*Relief  & Recovery:*

Penetrating heat allows the body to heal naturally by reducing soreness of nerve endings and muscle spasms.  Infrared saunas can also aid in speeding up injury recovery time from aches and pains due to chronic illnesses and conditions.

*Considerations*

Prior to your session, it is advised to avoid strenuous exercise. Allow 30 minutes for your body to completely cool down before entering. Avoid eating within 1 hour of your sauna session to prevent discomfort. Do not eat while in the sauna, as this could lead to nausea, dizziness or even fainting in some cases.

In preparation, consider using the restroom prior to your session to avoid interrupting your experience. Remove all jewelry before stepping into the sauna to prevent burns. Two towels are provided for your use during your session; one to wrap yourself in and one to lay on the bench to sit on.  Please dispose of towels in the hamper before leaving the room.

The temperature, timer, music and volume have been preset for your comfort and convenience.  The timer is set for a total of 45 minutes in order to give you enough time to undress, enjoy your session and redress. You may choose to change the temperature and/or music selection and volume to your preference once inside the sauna.

Use care when entering and exiting the sauna.  Listen to your body. You may choose to open the door and exit briefly at any point in your session if you begin to feel too hot. The full benefits of the sauna will be achieved within 20-30 minutes. Avoid extending your session past 30 minutes to prevent dehydration.  Moisturize your skin and condition your hair after your sessions to prevent dehydration, dryness and breakage.

Don’t forget to hydrate!  Always drink plenty of water before, during and after a session.  Doing so will replenish fluids lost from the body through perspiration.  This is one of the most important sauna safety tips.  It is advised to drink 2-4 glasses of water after sessions.  Consider replenishing electrolytes with Alkalime or Aminowise. Dehydration can occur quickly after being exposed to humid conditions and heated temperatures. Enjoy a cool shower or dip in the pool post sauna.

Please note that people with certain conditions should refrain from using the sauna. The elderly, pregnant women, persons on certain medications, persons with implants, and sickly individuals should avoid an infrared sauna.  Note that infrared waves are used to heat the body; not steam.  You may want to consider consulting with your doctor before scheduling sessions.