

# **The Benefits of Full Spectrum Infrared Sauna**

More than heat. A pathway to whole-body wellness.

Unlike traditional saunas that only heat the air, Full Spectrum Infrared Saunas gently warm your body at the cellular level. The result? A deeper, more therapeutic sweat with targeted health benefits you can feel.

## **The Power of Full Spectrum**

- Near Infrared (NIR): Penetrates the skin's surface to stimulate cellular regeneration, boost collagen, and speed healing.
- Mid Infrared (MIR): Absorbs deeper into soft tissue to reduce pain, stiffness, and inflammation.
- Far Infrared (FIR): Reaches deep into the body to enhance detoxification, circulation, and relaxation.

## **Specific Benefits You'll Love**

### **Detoxification**

- Promotes a 7x more effective detox than traditional saunas.
- Encourages sweating at lower temperatures, helping remove heavy metals, alcohol, nicotine, and environmental toxins.

### **Skin Rejuvenation**

- Stimulates collagen and elastin production for firmer, younger-looking skin.
- Improves circulation, delivering nutrients to the surface for a natural glow.
- Can help reduce the appearance of scars, fine lines, and cellulite.

### **Heart & Circulation**

- A 30-minute session can increase heart rate similarly to moderate exercise.
- Improves blood vessel function and lowers blood pressure over time.
- Supports healthy circulation, delivering oxygen-rich blood to muscles and tissues.

### **Stress Relief & Better Sleep**

- Infrared heat balances cortisol levels, your body's stress hormone.
- Induces deep relaxation, similar to meditation.
- Encourages more restful, restorative sleep.

### **Pain & Inflammation Relief**

- Provides natural relief for arthritis, joint stiffness, fibromyalgia, and muscle soreness.
- Increases flexibility and reduces recovery time for athletes.
- Helps manage chronic pain by reducing inflammation at the source.

### **Weight & Metabolism Support**

- A single 30-minute session can burn up to 600 calories.
- Raises core body temperature, prompting your body to work harder to cool down.
- Improves metabolism and supports healthy weight management.

### **What to Expect in a Session**

- Temperature Range: A comfortable 110–140°F (vs. 180–200°F in traditional saunas).
- Duration: 20–40 minutes depending on your comfort.
- Experience: Gentle, soothing heat with a deep sweat that leaves you refreshed, not exhausted.

## **A Wellness Experience That Works With Your Lifestyle**

Whether you want glowing skin, pain relief, a stronger heart, or simply a stress-free escape, Full Spectrum Infrared Saunas are a safe, natural, and relaxing way to elevate your health.

 Invest in your well-being. Your body will thank you.