

INFRA RED SAUNAS

For Health and Relaxation
Detoxify, Relieve Aches & Pains, Reduce Stress

WHAT IS INFRARED & HOW DOES IT WORK?

Infrared waves are part of the invisible Electromagnetic Spectrum (EM). The EM Spectrum is measured in microns. Infrared is often subdivided into:

- "near infrared" (0.076 to 1.5 microns)
- "mid infrared" (1.5 to 5.6 microns)
- "far infrared" (5.6 to 1000 microns)

Human bodies send and receive far-infrared waves. The range of far-infrared waves generated by our bodies is 6 to 20 microns. The optimal micron output range is between 7 and 14 microns. This range, sometimes called the "Vital Range" appears to have special regenerative effects on our bodies.

When far-infrared waves are absorbed by living things (e.g. someone in an infrared sauna) the temperature of the body rises but not the surrounding air. Thus, you sweat and feel hot from the absorption of the infrared rays, but the surrounding air remains at a relatively low temperature (typically between 115 and 140°F).

Today's busy lifestyles often prevent us from actively sweating on a daily basis. Numerous medical studies show that deep sweating has multiple health benefits. Regular bathing in a far-infrared sauna will allow you to perspire more quickly and profusely. Reduction of toxins and heavy metals and relief of aches and pains are just some of the many benefits of our far-infrared saunas. Far-infrared therapy has been effective in providing pain relief with those suffering with fibromyalgia, rheumatoid arthritis, back pain, and many other muscular-skeletal ailments.

Sitting in a far-infrared sauna, the core body temperature begins to rise. The blood vessels dilate, causing increased blood flow. As heat from the blood moves toward the skin's surface and the core body temperature rises, the body's nervous system sends signals to the millions of sweat glands covering the body. As the sweat glands are stimulated, they produce sweat. Sweat production is primarily for cooling of the body and is composed mostly of water – but deep sweating in a far-infrared sauna can help to reduce levels of heavy metals, pesticides, herbicides, pcbs, and hydrocarbon residues – all toxins commonly picked up from our environment.

CARBONFLOW™ TECHNOLOGY

A common complaint about infrared saunas is the uncomfortable sensation of "cold spots" in the sauna, where no infrared heat waves reach the body and "hot spots" when seated directly in front of the old-style ceramic or metallic infrared heaters. Due to the huge surface area of the CarbonFlow™ heating panels, literally spanning wall-to-wall, the heat is evenly disbursed and the surface temperature of the heaters is comfortable to the bathers. More importantly, the large surface area creates the perfect infrared wavelength.

The design of these infrared saunas and the integral CarbonFlow™ panels ensure optimal performance – well within the so-called "Vital Range", with most of the wavelength being in the 8.4 to 9.4 micron range. This optimal wavelength provides for deeper penetration of far-infrared heat, which in turn can enhance detoxification, cardiovascular conditioning and relief from muscle and joint aches and pains.

Japanese medical researchers suggest that this frequency causes water molecules to resonate or vibrate, which can accelerate the release of toxins from the body. Whether the true medical benefits are fully understood or not, one thing becomes very clear when using the infrared sauna you perspire more quickly and more profusely, and you feel more completely heated, literally enveloped in soft, radiating heat.

You can use an infrared sauna to: wind down after a stressful day at work, after a workout to reduce pain in muscles and joints, to detoxify for a healthier body, or before bed to promote a deeper, more restful sleep.

The benefits of infrared sauna therapy are almost immeasurable. Indulge and invest in your health...in something that not only feels good, but is good for you

*"Give me a chance to create fever, and I will
cure any disease"*
Parmenides



Unit 10 – 2010 Currie Blvd. Brandon, MB R7B 4E7
Ph: (204) 728-7973 / Toll-free: 1-877-834-3607
info@healthywayhealing.ca / www.healthywayhealing.ca