



THE BENEFITS OF ONE HALF HOUR SESSION:

- Burns 300-600 calories
- Relieves muscle pain
- Improves the immune system
- Improves the appearance of cellulite
- Releases toxins
- Eases joint pain and stiffness
- Reduces stress and fatigue
- Improves skin

The difference is Far Infrared Heat!

Far Infrared Saunas are completely safe and produce the same type of heat produced by the sun. Far infrared heat is required for all living things for optimum health. The radiant heat from the Far Infrared Sauna surrounds you and penetrates deeply into your joints, muscles and tissues thus speeding oxygen flow and increasing circulations. Using the Far Infrared Sauna helps to remove impurities from your cells, specifically the cells inside our fat where our body stores waste and harmful toxins such as cholesterol and heavy metals. When used properly, the Far Infrared Sauna will help provide a lifetime of healthful living.

Completely harmless, infrared heat is the type of heat we feel from such sources as fire and the sun (but without the harmful ultraviolet waves that the sun gives off). Just as visible light has a range of wavelengths (running from red to violet), so does infrared light: longer wavelength infrared waves are thermal, while short or near infrared waves are not hot at all. In fact, you cannot even feel them. It is the far infrared energy that is most beneficial because it penetrates the skin and increases circulation to help rid the body of harmful toxins. Toxins are all around us, in the containers that carry our food, in the carpet we walk on, in the food we eat and in the air we breathe.

Read an interview with actor Jeremy Davies describing how he lost 33 pounds for the movie “Rescue Dawn” using a far infrared sauna. www.the213.net/php/article.php?id=597

The benefits of Far Infrared Heat:

Relieves Muscle Pain

The deep heat of the sauna helps peripheral blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries.

Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen-depleted muscles, so they recover faster.

Muscles relax most readily when tissues are warm. Warm tissues are also best for greater flexibility and range of motion. Far infrared heat relieves muscle tension and thereby helps your body to make the most of its intended healing abilities. As muscle joints and fibers are heated, Infrared heat reduces soreness of nerve endings and decreases muscle spasms.

Improves the Immune System

The sauna's deep heating infrared heaters raise the body's core temperature, inducing an artificial fever. Fever is the body's natural mechanism to strengthen and accelerate the immune response. An example of this is when the body fights an infection with a fever.

This enhanced immune system, combined with improved elimination of toxins and wastes via intense sweating, increases your overall health and resistance to disease.

Improves Appearance of Cellulite

Cellulite is a common term used to describe superficial pockets of trapped fat, which cause uneven dimpling or "orange peel" skin. It appears in 90% of post-adolescent women (almost all women over the age of 20 have cellulite to some degree) and is rarely seen in men.

Common but not exclusive areas where cellulite is found are the buttocks, thighs, and the abdomen. Contrary to popular belief, cellulite is not related to obesity, as it occurs in overweight, average and thin women. The appearance of cellulite is not always reduced by weight loss.

Cellulite occurs in the subcutaneous fat layer just beneath the skin. The skin is connected to the underlying muscle by vertical strands of tissue. The combination of connective tissue, which pull inward on the skin and fatty deposits or fibrosis, which push outward against the skin cause the dimpled appearance of cellulite.

Since the far infrared radiant heat of the sauna warms three times as deep as conventional saunas, it is significantly more effective at reducing cellulite. There is a direct link between the slowing of metabolic rates and the storage of toxins in the fat cells. Sauna use and infrared heat can increase heart rate and localized blood circulation, which essentially reverses the trends towards accumulation of liquids (or toxins) in the fat cells and therefore reduces the appearance of cellulite.

Releases Toxins

Infrared Sauna heat increases blood circulation and stimulates the sweat glands, releasing toxins build-up in the body.

Daily sauna sweating can help detoxify the body as it rids itself of accumulated highly toxic metals (lead, mercury, nickel and cadmium) as well as alcohol, nicotine, sulfuric acid and other organic and inorganic compounds.

"Traditional wisdom has suggested that saunas work largely by promoting detoxification through sweat...Saunas stimulate cells to release toxins which can then be eliminated by the liver and bowel. Several published studies have now shown that this hypothermic therapy can bring about the rapid removal of a wide range of toxic substances from the human body." *John C. Cline, M.D., B.Sc., C.C.F.P., A.B.C.T., Medical Director of the Cline Medical Centre and Oceanside Functional Research Institute, Vancouver Island, British Columbia, Canada.*

"The best way to rid the body of heavy metals and pesticide residues? The infrared sauna. It has been known for decades that sweating is a wonderful way to get rid of stored chemicals, including heavy metals. In fact, sauna is one of the detoxification procedures used in the Environmental Units in Dallas (Dr. William Rea) and North Charleston (Dr. Allan Lieberman) where the sickest of folks go to heal. But many people never could tolerate a sauna. Some felt weak, sick, faint, dizzy, or headachy or

experienced a fast heart rate. Thanks to improved technology, the infrared sauna is tolerated much better, because it uses a heat energy that penetrates the tissues better, allowing an overall lower temperature to be used.” *Dr. Sherry Rogers, Total Wellness, May 2000.*

Eases Joint Pain and Stiffness

In many countries, radiant heat therapy is widely used to treat patients suffering from many forms of arthritis. Radiant heat has also been effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other muscular-skeletal ailments. Much of the stiffness, aches and soreness that come with aging is reduced or eliminated with far infrared sauna.

Reduces Stress and Fatigue

Relax in the sauna as the stresses and tensions of everyday life melt away! Just a few minutes in the gentle warmth of the sauna will leave you feeling **relaxed, rejuvenated and renewed.**

Many of Sedona’s members comment on how much they look forward to their sauna session daily because it’s a great time to get away. It’s like being at a day spa every day.

Improves Skin

The profuse sweating achieved after just a few minutes in the sauna carries off deeply imbedded impurities and dead skin cells, leaving the skin glowing and immaculately clean. Increased circulation draws the skin’s own natural nutrients to the surface.

You’ll see improved tone, elasticity, texture and fresh color. Increased blood circulation has also been shown to relieve acne, eczema, psoriasis, burns, lesions and cuts. In addition, open wounds heal more quickly thus reducing scarring.

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