

Royale
Far Infrared Sauna & Massagers

*Re-energize, Re-charge,
De-stress & Detoxify your
Mind, Body & Soul*

**Burn 600 Calories
in just 20 mins**



Royale

Far Infrared Sauna

your lazy way to perfect health...

Controls Weight

Stress Relief & Relaxation

Improves Blood Circulation

Detoxification

Pain Relief

Helps in Diabetes

www.royalesauna.com

ROYALE FAR - INFRARED SAUNA

Your Lazy way to a perfect health

HEAT OF THE MOMENT

Royale Far Infrared sauna has numerous health benefits such as controlling weight, improving blood circulation, reduces pain, diabetes control and skin beautification. Just 20 minutes of Royale Sauna can help you burn 600 calories making Royale Sauna your lazy way to perfect health. A lower operating temperature and low maintenance makes it comfortable and yet more effective compared to a conventional sauna.

GET STARTED RIGHT AWAY

These days we all have busy lifestyles and taking time out to relax and look after our bodies seems to take second place. But thanks to a new development based on old-fashioned remedies and new technology, help is at hand in the form of the **Royale Far Infrared Sauna**.

The Far-Infrared rays mimic those of the sun without the harmful burning or ageing risks and users can experience benefits they would normally associate from sun exposure such as a feeling of relaxation, energy and overall well being.

The treatment allows you to energize the body and relaxes the mind. Enjoy a sense of relaxation and revitalization as your body releases endorphins, “the happy hormone”, into your system. Continuous strain on the autonomic nervous system often leads to a high level of stress, one of the elusive causes of many chronic diseases. Several researchers have linked endorphins to enhancing the immune system, relieving pain, reducing stress and delaying the ageing process.

The Royale Far Infrared Sauna uses safe and naturally occurring Far Infrared Rays to provide a gentle and deep penetrating heat to the body to induce a high volume of sweat but at a very comfortable level of around 40-50 degrees centigrade.

This energy is able to penetrate the body by up to six centimeters, inducing two to three times more sweat volume of a regular sauna, while operating at much safer and more comfortable temperatures. This makes it the preferred tool by many practitioners for purifying and **detoxifying** the body.

The lower temperatures make the Royale Far Infrared Sauna available to people with circulatory problems that would not otherwise be able to use traditional sauna, or anyone who finds a regular sauna too hot.



Royale Far Infrared Sauna (2 person model)

Unlimited Health Benefits

Detoxification
Removes harmful toxins and heavy metals from the body.

The patented heating design is up to 10 times more effective than traditional steam saunas because it puts out a majority of its heat waves at 9.4 microns, which resonates on a cellular level to release these toxins.

Boosts Circulation
Increases blood circulation and reduces the blood sugar levels to control diabetes

Infrared heat therapy stimulates blood flow to the extremities of our bodies which help with cramps, muscle injuries and lactic acid build up after sports or strenuous activities. It can also help to normalise blood pressure and helps in Diabetes.

Controls Weight
Burn 600 calories or more in 20 minute session through profuse sweating.

And NOT just Fluid!!! FIR heat therapy can increase your metabolism by increasing your heart rate! A 20 min of FIR heat therapy session can burn up to 600 calories!! That's about the same as an average 30 min gym session!

Pain Relief
Arthritis, muscle spasms, joint stiffness, sprains.

FIR heat therapy has shown promising results in several medical studies for conditions such as arthritis, chronic fatigue syndrome, fibro myalgia, and certain skin conditions. Also, they help in speeding up the healing of sprains and strains.

Improves Skin
Helps clear cellulite, tones and hydrates cells and pores.

As well as clearing out the pores via the sweating process FIR. Sauna heat therapy increases blood circulation to carry greater amounts of oxygen & nutrients to the skin, thus promoting healthy skin tone and texture.

and many more...

Dr. Sherry Rodgers, author of '**Detoxify or Die**', cites Far Infrared technology as one of the most effective ways to fully **detoxify** our systems, for some chemicals she claims it's the only way.

Dr. Rodgers also cites that the diseases caused by chemical toxicity can be greatly relieved, if not cured, by regular Far Infrared therapy. With conditions such as; chronic pain syndromes, heart disease, chemicals sensitivity, chronic fatigue, fibromyalgia, migraines, Alzheimer, cancer etc, she claims "It is not only capable of providing the primary cure or solution for a current medical problem but can free one from symptom producing medications.

The Far Infrared heat dilates blood vessels, which improves circulation and allows more oxygen to reach injured areas resulting in pain relief. Using the box will

give you a cardiovascular workout, increasing your heart rate, and is especially useful for heart patients who are not capable of taking part in vigorous exercise. It also has the following qualities.

- **Assist in weight management:** The Royale Far Infrared Sauna can make you sweat the same amount as a ten kilometer run with far greater comfort. It can also help trigger fat burning; clearing out lipophilic toxins stored in the body's fat cells. Once the store of these pollutants has been diminished, weight loss becomes an easier process. Using the Royale Far Infrared Sauna, it is possible to burn up to 600 calories in just one 30 minute session.



Royale Far Infrared Sauna (3 Persons model)

■ **Clear Cellulite:** Cellulite occurs as a result of the body storing toxins in fat (adipose) tissues. Research suggests that cellulite becomes water soluble at 43 degrees centigrade. This gel-like substance which is made up of fat, water and waste products, can be sweated away. It is particularly effective in cellulite reduction when used in conjunction with a program including a healthy diet and message.

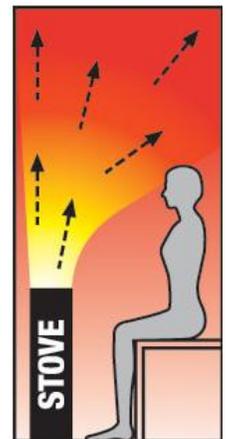
■ **Improve skin tone:** By improving circulation, Far Infrared Sauna has been shown to relieve acne, eczema, psoriasis, burns, lesions and cuts. Far infrared rays also support the cells energy enabling cell functions to be enhanced, resulting in softer, silkier and more radiant skin: “Like the rest of the body, skin needs a constant, fully adequate supply of energy to heal damage to its DNA regulate the production of collagen and elastin, give birth to new cells and eliminate waste. These are many of the most important processes on which beauty depends” Lesley Kenton Skin Revolution.

The Far-Infrared Sauna can play an important role in athletic training. The stimulation to one’s cardiovascular system induced by the sauna is the perfect ‘warm up’ prior to any athletic activity. Additionally, Far-Infrared enhanced muscle flexibility thus aiding with injury prevention. Far-Infrared saunas are being used by world-class athletes and are gaining popularity in fitness facilities across the continents.



Infrared Sauna

Feature	Far Infrared Sauna	Conventional Hot Air Sauna
Warm Up Time	15 to 20 Mins.	More than an Hour
Temperature	43-66°C	93-104°C
Air Ventilation	Fresh and Steam-Less	High Humidity, very hot
Assembly Time	30 minutes	1 to 2 days
Electrical Cost	Approx. ₹. 10/- per sitting	Approx. 8-10 times
Heat Source	Safe, effective, and direct radiant heat from patented heaters	Indirect circulated heat from a hot Stove
Entertainment	Built-in High Quality Audio system	Not possible due to high temperature
Room Requirement	Fits in a small place	Requires a big space
Portability	Portable-easy to assemble and disassemble	Permanently fixed and hard to disassemble



Conventional Hot Air Sauna



Royale Far Infrared Sauna & Massagers

Installations all over India. Live Demo Available at:

Doodle Powel, 4th floor, Bhagwan Sahai Palace, Sector-15, Naya Bans, Noida - 201301 (Delhi-NCR)

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