

# HEAT OF THE MOMENT



If you are stressed, overweight, have skin problems, suffer from aches and pains or simply want to avail Royale Far Infrared Sauna, The Royale Far Infrared Sauna Box could dramatically improve your quality of life

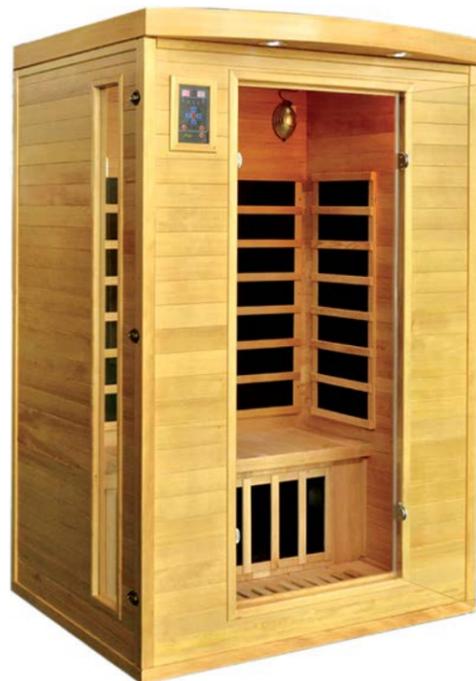


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These days we all have busy lifestyles and taking time out to relax and look after our bodies seems to take second place. But thanks to a new development based on old-fashioned remedies and new technology, help is at hand in the form of the Royale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

The FIR rays simulate 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 energise the body and relax the mind. Enjoy a sense of relaxation and revitalisation 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.

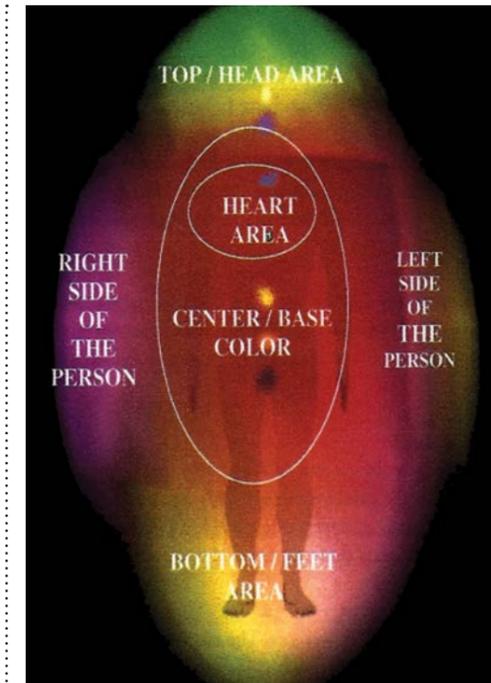
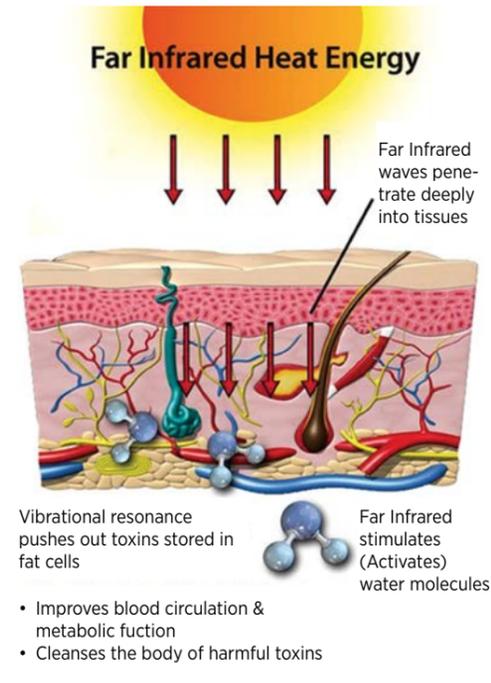
The Royale Far Infrared Sauna Box uses safe and naturally occurring Far Infrared Rays to provide a gentle and deep penetrating heat to the body to induce a high volume to sweat but at a very comfortable level of around 40-50 degrees centigrade.

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 useful to people with circulatory problems, who would not otherwise be able to use traditional sauna. It is also suitable for anyone who finds a regular sauna too hot.

Dr. Sherry Rogers, 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 is the only way.

Rogers also cites that the diseases caused by chemical toxicity can be greatly relieved, if not cured, by regular Far Infrared therapy. With

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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 head 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:

**Assists 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 easy process. Using the Royale Far Infrared Sauna, it is possible to burn up to 600 calories in just one 30 minute session.

**Clears 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. The Royale Far Infrared Sauna is particularly effective in cellulite reduction when used in conjunction with a program including a healthy diet and massage.

**Improves 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, thereby 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" says Leslie Kenton's Skin Revolution.

The Far-Infrared Sauna can also 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 enhances 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. ●

[www.royalesauna.com](http://www.royalesauna.com)

**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**