

ENJOY THE WELLNESS OF HIMALAYAN SALT SAUNA

A new generation of Royale FAR InfraRED Sauna will have large high quality carbon panel heaters with most advanced colour therapy with Pink Himalayan Salt wall inside; ready to enhance benefits of FAR InfraRED Sauna cabins manifold



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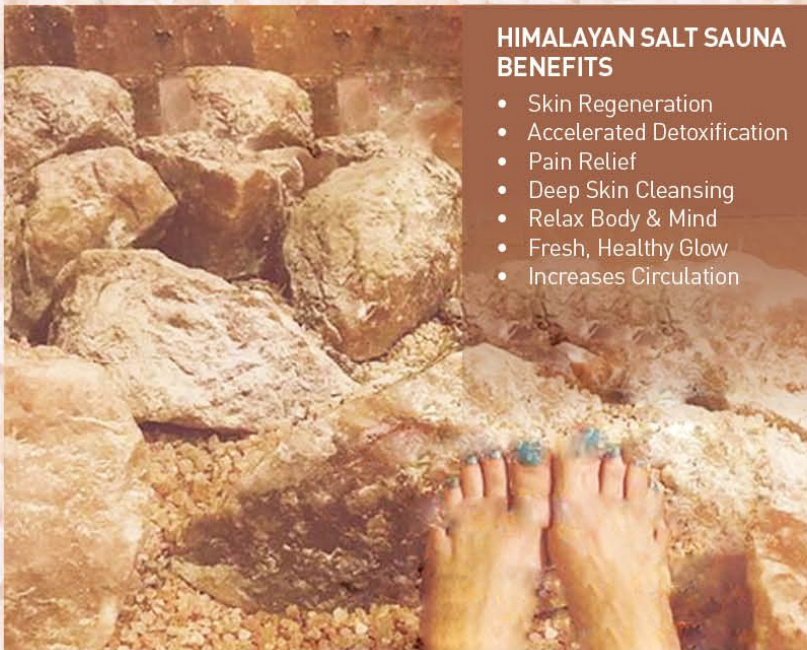
You had been reading my articles on FAR InfraRED Sauna and you must be knowing there is a big list of benefits associated with it. Now, I am not going to repeat it in this article.

I just want to announce that Royale Sauna has introduced InfraRED Sauna 2.0 series, which is much smarter and more effective in terms of its application. You can also operate through your android mobile phone through Wifi/ Bluetooth.

Himalayan salt is known for being the purest salt on earth, rich in minerals. It is also a natural detoxifier of the body and surrounding air. The unique beauty and wellness benefits of Himalayan Pink Salt are unbeatable.

Each brick of Himalayan Pink Salt is unique in itself, with different hues of pink and white that swirl together to give the appearance of stained-glass. This unique colouring comes from a high concentration of minerals and trace elements.

When gently heated by the warmth of sauna, the salt crystals release these minerals, enriching the quality of the surrounding air, which, in turn, is breathed in and absorbed into the body. It is also thought that heating the Himalayan salt crystals activates the hygroscopic (moisture absorbing) properties of the salt. This process releases negatively charged ions that attach themselves to bacteria, dust, and other pollutants; cleansing and purifying the air.



HIMALAYAN SALT SAUNA BENEFITS

- Skin Regeneration
- Accelerated Detoxification
- Pain Relief
- Deep Skin Cleansing
- Relax Body & Mind
- Fresh, Healthy Glow
- Increases Circulation



ENJOY OUR HIMALAYAN SALT SAUNA - THE NEW WAY TO RELAX, RECHARGE & REFRESH YOURSELF. IT WILL ENHANCE THE BENEFITS OF FAR INFRARED SAUNA THERAPY

PINK HIMALAYAN SALT: A LOOK AT HEAT ACTIVATION IN A SAUNA

1

AIR ENRICHMENT

When heated, the pink salt releases minerals that enrich the air around you.



2

ABSORPTION

In turn, your body absorbs the enriching minerals during a sauna session.



3

ION RELEASE

The heat activates a negative ion release, which attaches itself to dust and bacteria, purifying the air.



4

HALOTHERAPY

Salt therapy (pink salt + heat) can combat respiratory discomfort, reduce seasonal allergy symptoms, and draw out toxins.



5

MOOD BOOST

Negative ions not only cleanse the air but also increase serotonin levels, which boosts your mood.



Because it is naturally antibacterial and anti-inflammatory, halo therapy (salt therapy) is becoming increasingly popular for its therapeutic properties. Himalayan salt has been used as a way to combat respiratory discomfort, reduce seasonal allergy symptoms, and to draw out toxins from the body and skin. There are even thought to be detoxifying benefits from just setting your feet or hands on a heated brick of Himalayan Pink Salt, which can be done while enjoying your sauna.

HEALTHY Himalayan Salt Sauna

In addition to the benefits of the Infrared Sauna, the Himalayan Salt Sauna releases negatively charged ions, which serve to purify the circulating air as well as allow our bodies to reap health benefits including stress reduction, energy increases, and mood boosts at a biochemical level.

Containing at least 84 naturally occurring trace elements in their natural mineral form, the benefits of Halo therapy (the inhalation of micronised dry salt within a chamber) are abundant. When the effect of pure Himalayan Salt is

added to Infrared Sauna, the result is a truly superior sauna experience.

Studies suggest that negative ions also work at a biochemical level, by increasing the serotonin in the body. An increase in serotonin can enhance your mood, alleviate stress, aid in digestion, and boost daytime energy. Imagine the way you feel when you are at the beach or next to a waterfall. That clean, rejuvenating, and relaxing feeling is often directly related to the negative ions which are being released.

Yoga & Himalayan FAR InfaRED Sauna

Most people think yoga is only a physical exercise that improves body flexibility. They are interested in fast paced activities and find yoga slow paced and uninteresting. They do not realise that fast paced activities cause fatigue, exhaustion and disturb the mind and body balance. Some people think yoga is only an alternative therapy that provides relief for headaches, arthritis, back pain, high blood pressure, diabetes and other ailments. But yoga also educates the practitioner on self-understanding, love, selfless service, management of pain and peaceful living.

When yoga practice starts in childhood, it is a great blessing for the children. Their systems will function well, their posture and mental abilities will improve, there will be awareness of right and wrong, children will develop positive thinking and emotional stability. Their immune system will be strengthened. Yoga is for everyone. It is never too late to start yoga; one can start yoga even after attaining age of sixty. Yoga is a gift for all ages and a boon for the old age. It infuses vitality in the old age, develops abilities to adapt to changing situations, builds confidence and makes the extra years meaningful.

Because of our PM, Narendra Modi, Yoga Day is being celebrated all across the world & has done wonders in improving health and fitness among men, women & children. Some of the activities of yoga like deep breathing, *Kapal Bhati*, movements of hands & legs, meditation can easily be done inside of Himalayan Salt Sauna room. In this environment, the improvements through those acts can be much faster and more effective. You get good flexibility, pain reduction and fully charged body.

Deep penetration of FAR infraRED rays will detoxify your body and reduce your pain. It also facilitates in making the body more flexible and you can burn more than approximate 600 calories in a sitting. ●

Working up a good sweat

- Hot yoga
- Hot tubs
- Saunas
- and more

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