

WEIGHT LOSS BY ROYALE FAR INFRARED SAUNA

If you're looking to lose weight, we can help. Regular use of FAR InfraRED (FIR) Sauna can lead to weight loss by detoxifying the body and burning calories while you relax in total comfort zone without physical exercise



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In past couple of articles, our reader must have got fairly good idea for FAR InfraRED Sauna, its working principle and amazing benefits. In this article, We are going to cover that how Royale FAR InfraRED Sauna is going to work effectively for regular & stable weight loss in a natural way.

In market, we see weight loss center in every corner and making tall claims like lose 10-15 KGS in just 3-4 weeks. Some advice crash diet or go for touch exercise or some may even go for Lipo-suction technique for inch loss or bariatric surgery FAT loss. As you know using all these crash methods not only make temporary impact but also make permanent damage to our health and body parts. It also reduces the energy level and gives aging effect.

Unless it's a hormonal dis-balance case, most of the time weight gain happens due to sedentary life style, poor exercise, oily or fast food etc. All these not only lead us to gain weight but also attract lot many lifestyle deceases like Diabetes, High Blood Pressure, Body & joint stiffness, Heart problems. Royale FAR InfraRED Sauna is an amazing lifestyle product which can easily handle all these problems with is regular use and by eating healthy diet. It can burn 500-600 calories by just sitting 30 minutes inside. It's so simple, During the session, you can do multiple activities like Deep breathing, Meditation, Limited Yoga, listen

music and also enjoy green tea. *We often say that 30 minutes of FAR InfraRED Sauna equals to 10 Kms of normal walk*

"Most of the weight loss will be 'water weight,' which will return when you re-hydrate. However, there are clear studies and evidences that infrared saunas, because of their ability to penetrate the skin more deeply, increase metabolic rate and can help the body burn off anywhere from 200 to 600 calories in a half-hour session."

Benefits of Sauna Weight Loss

Losing weight requires a lifestyle change, but it doesn't necessarily mean there's a magic number we must all aim for in order to be healthy. According to a study, a weight loss of 5-10 percent greatly benefits a person's overall health. This achievable goal can improve cholesterol levels, alleviate hypertension, prevent diabetes, aid in combating sleep apnea and inflammation of the body, and reduce stress.

Stress is often a hidden contributor to struggles with losing weight. High stress levels contribute to the fat we hold in our mid-sections, especially the belly, hips, and thighs which makes us feel sluggish and quite literally weighs us down. When stress contributes to weight loss, it cannot be eliminated through diet and exercise alone. By using a Far infrared sauna as part of a comprehensive weight loss plan, you may experience a noticeable difference in how you look and feel and you will notice your stress melt away.

Weight Loss by Traditional VS Far Infra-RED Sauna

Traditional saunas ease sore muscles and increase blood flow in a room typically heated to 180-220°F. This provides a great environment to relax and unwind. While



beneficial, traditional saunas heat only the room you are sitting in and not your body directly. This makes weight loss by a traditional sauna limited when compared to an infrared sauna. This is an important distinction as the body stores toxins in fat cells and this may affect your body ability to lose weight. Infrared saunas target these toxins. In contrast, an infrared sauna session heats your body directly raising your core body temperature as your body absorbs the infrared heat which goes 1.5 inches inside skin. This boosts your cardiovascular, lymphatic and immune systems creating a fat based sweat to help your body detox. Using your infrared sauna you are able to eliminate toxins while energizing your body in a safe, comfortable way.

Far infrared heat has also been found to slightly increase human growth hormone production (HGH) and lower cortisol levels which aids in greater weight loss and overall better health. The end result is safe and effective infrared sauna weight loss and lots of additional health benefits.

Toxins and Weight Loss

In addition to hindering weight loss, too many toxins can make the body feel fatigued, cause muscle aches and pains and lead to skin reactions like acne breakouts or rashes.

Dr. Raleigh Duncan, explain the direct relationship between weight loss and the toxins called obesogens as well as the chemical BPA. Obesogens are foreign

chemical compounds that disrupt normal development and balance of lipid metabolism, which in some cases, can lead to obesity He explains that as a fat cell becomes toxic the cell cannot lose the fat even when you are eating really well and exercising. BPA is an industrial chemical that may find its way into your food and beverages. Some experts claim that it is toxic and that people should make an effort to avoid it.

Infrared sauna weight loss is easy, comfortable and relaxing. It is just one of the many infrared sauna health benefits. Infrared heat has been used for wellness for many years and is a tried and true option to increase your overall wellness.

**THE FAR INFRA-
RED SAUNA
GETS THE
TOXINS OUT
AND THEN THE
FAT WILL START
TO COME OFF.
THAT'S HOW
THE WHOLE
SYSTEM WORKS**

Weight loss is NO MAGIC, it's proven now

Using infrared heat technology to burn calories, are clinically proven as to aid weight loss. In a 2009 study, InfraRED sauna was shown to help lower weight and waist circumference in just a 3 - months period. The common theme among subjects in the study was that far infrared sauna use was similar to moderate exercise but "much more relaxing". Therefore, InfraRED saunas can be an effective lifestyle tool for those who cannot participate in traditional exercise programs due to medical conditions such as osteoarthritis, cardiovascular or respiratory problems.

In addition, according to information published in the Journal of the Ameri-

can Medical Association, infrared sauna weight loss sessions were shown to burn 300 to 600 calories. During a InfraRED sauna weight loss session, core temperatures increase. The body has to work hard to cool itself, causing a healthy sweat. Using an InfraRED sauna increases heart rate, cardiac output and metabolic rate, burning more calories, leading to more weight loss.

Plus, regular use of our sauna may provide many of the same benefits as regular exercise, such as cardiovascular conditioning. That's right, using our infrared weight loss therapy is like giving yourself a passive cardio workout - wherever and whenever you need it!



Great Product for bridal Care

Royale FAR InfraRED Sauna is proven products for beauty parlors and Day SPA centers especially for those girls who visit these centers for the beauty treatments, weight loss, skin toning and natural glow couple of weeks before their marriage. Every bride wanted to look best on their marriage day and FIR Sauna will be your best friend forever for preparing you. It also relaxes & rejuvenates your overall body and helps you to keep the bride stress free. This enhanced immune system, combined with improved elimination of toxins and wastes via intense sweating, increases your overall health and resistance to disease.

The owner of Salon at Hyderabad says, our customers especially would be brides greatly love the session with Royale FIR Sauna. It gives them beautiful skin, toned body, and improves flexibility. It gives relaxed & healthy state of mind. ●