



NEW WELLNESS MANTRA

UNWIND YOURSELF WITH FAR INFRARED SAUNA AND SHIRODHARA

These days we all have busy lifestyles, and finding time to relax and looking after our fitness is getting difficult

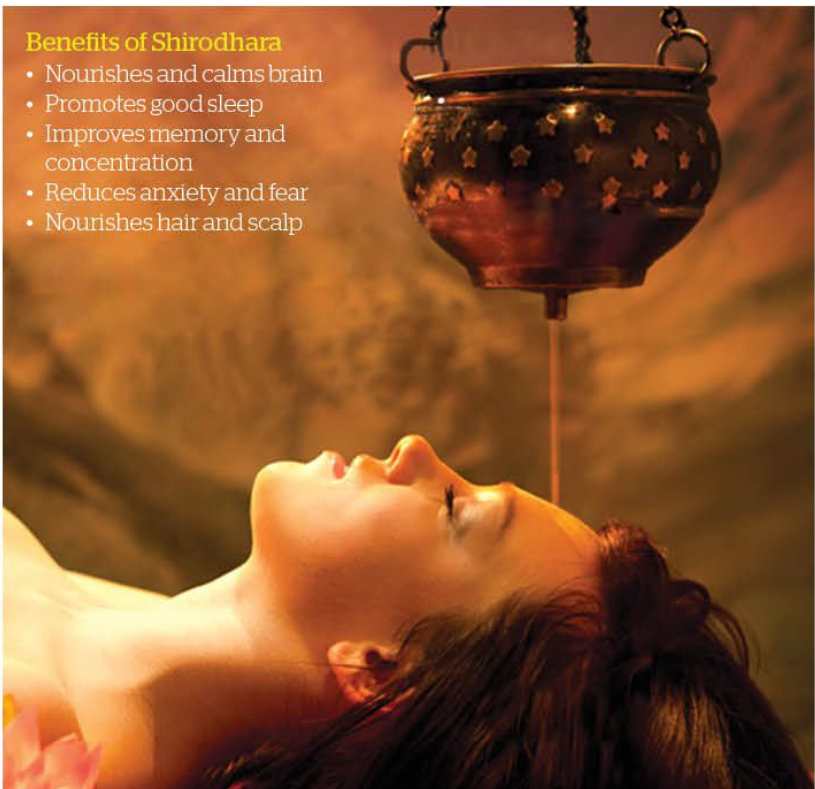


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But thanks to FAR InfraRED Sauna, which is based on conventional remedies and new technology, by which we can remain fit and relaxed by spending just 20 minutes every day while doing other parallel activities like reading newspaper, using mobile, drinking healthy beverages or listening to music. All these while detoxifying our body. With FAR InfraRED Sauna you can also burn approx. 600 calories in 30 minutes, which is equivalent to 10 kilometers of walk.

The Far InfraRED Sauna provides a wide array of therapeutic benefits compared to a traditional sauna or steam room. The gentle soothing heat penetrates deep into the body (2" vs. 2mm). As it enhances the metabolic processes of vital organs and glands, significant amounts of toxins are eliminated through its application.

Painful joints and muscles are relieved with the increased blood flow. Even though the temperature is cool (110-130F in Far InfraRED Sauna vs. 180-210F in a traditional sauna), 2 to 3 times more



Benefits of Shirodhara

- Nourishes and calms brain
- Promotes good sleep
- Improves memory and concentration
- Reduces anxiety and fear
- Nourishes hair and scalp

sweat is released through Far InfraRED Sauna as compared to a traditional sauna. The comfortable and relaxing experience will leave you with a great feeling of well-being. Far InfraRED Sauna also consumes one third of electrical power than the traditional sauna. It is very easy to maintain even at home.

Because of the high level of pollution, mainly in Indian metros, we are exposed to inhalation of harmful toxins & heavy metals. Our poor dietary and exercise habits have made the need for regular sweating important. This makes FIR Sauna a preferred lifestyle product by many practitioners for purifying and detoxifying the mind, body & soul. Deep breathing inside and physical movements of hands and legs will further enhance its benefits.

With Shirodhara

Shirodhara is an amazing, unique body therapy from the ancient natural medical system Ayurveda. Shirodhara has a profound impact on the human bodies' nervous system. That means, the treatment directly and immediately calms, relaxes and has a cleansing effect on the mind, body and soul. Now if we add FAR InfraRED Sauna treatment before the shirodhara or oil massage, the benefits of these ancient time-tested therapies will be enhanced substantially as FIR rays goes deep inside the body; approx. 1.5 inches and improve the blood circulation, soften the muscles and activates the sweating glands. Hence the final effect on the human body is much better as oil gets absorbed better and FIR InfraRED Sauna prepares the body for this.



Royale FAR InfraRED Sauna provides the following health benefits:

Burns Calories

In response to the warming effect of Far-InfraRed, heart rate, cardiac output and metabolic rate increase. These reactions provide a 'passive exercise' effect, which amazingly, can burn up to 600 calories in 30 minutes. Far InfraRed has been researched by NASA and determined to be an ideal way to maintain astronauts' cardiovascular fitness during space flights.

Detoxification

In our post-modern times environmental toxins often become trapped within our bodies. Far InfraRED energy has the ability to mobilise these tissue bound toxins, which are then expelled through our sweat. Our tissues absorb Far-Infra-red energy up to a depth of 1.5" thus Far-InfraRed Sauna releases toxins from throughout our body.

Contaminants, including mercury, lead, pesticide residues, solvents and by-products of fossil fuel combustion are expelled through the skin, thus bypassing the liver and kidneys. Avoiding placing a toxic burden on one's liver and kidneys is a major advantage of sweat detoxification.

Pain Relief...

Far-Infrared has been used throughout Europe and Asia to treat a wide array of muscular-skeletal ailments. Conditions such as arthritis, bursitis, Fibromyalgia, backache, sprains and strains are often addressed from this deeply penetrating heat. Far-Infrared stimulates cardio output and causes blood vessels to dilate. The enhanced blood flow brings pain relief and healing to muscles and other soft tissues.

Improves Blood Flow & Skin Glow:

In order to eliminate heat, your body increases blood flow to the skin. In addition, the skin adapts to this process, making it healthier. A German study found that the skin of regular sauna users could better hold moisture and maintain a healthy skin pH. In addition, these sauna users had less sebum on their foreheads, suggesting that they are less likely to get acne. Near infrared lights can help accelerate wound healing and reduce inflammation of the skin,

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In addition, it has been used to treat acne, actinic keratosis, and basal cell carcinoma. Skin problems like eczema and psoriasis involve both inflammation and a vulnerability of the skin barrier. By helping with strengthening the skin barrier and reducing overall inflammation, InfraRed Sauna can really help with these skin issues. This sauna is often helpful in the treatment of acne, psoriasis and eczema. Skin is left soft and smooth with improved tone and elasticity as the profuse sweating experienced with Far InfraRED Sauna deeply cleanses the pores. Later, when the person goes for the massage, he or she finds massage much more effective and his or her entire body feels much more relaxed, flexible, young & energetic.

Royale InfraRED Sauna for Business

Royale Far InfraRED Sauna is designed with the health of your business in mind. With a relatively low capital investment to existing wellness setup, see yourself how quickly you will be able to generate a great return on this additional investment. Further, for your customers, it would probably be all together a new experience. Just try with one unit. With hundreds of commercial installations across India, all the sauna models of Royale InfraRED Sauna are commercially tested and certified, providing you with peace of mind. It has applications in the following areas:

(www.royalesauna.com)



Hotel



Day Spa



Massage Therapy



Medispa



Yoga



Gyms



Medical



Sports Clubs