

FAR - INFRARED SAUNA

Redefining Wellness: Your Lazy way to a perfect health with Far Infrared Sauna

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 or Detox Box.

A Far Infrared Sauna is a beauty and health treatment, a moment to pamper yourself, to relax after a run or a hard day. It is fun, comfortable and relaxing and yet has numerous health benefits making it an ideal modern-day lifestyle product.

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.

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 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 to sweat but at a very comfortable level of around 40-50 degrees centigrade.

The treatment allows you to energise 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



DR. SHERRY RODGERS, AUTHOR OF *DETOXIFY OR DIE*, CITES FAR INFRARED TECHNOLOGY AS ONE OF THE MOST EFFECTIVE WAYS TO FULLY DETOXIFY OUR BODY SYSTEMS

of many chronic diseases. Several researchers have linked endorphins to enhancing the immune system, relieving pain, reducing stress and delaying the ageing process.

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.

A number of researches have been performed on the usage of Infrared Saunas which have deemed it to be perfectly safe and effective for individual use. So unwind yourself after a hard day's work, take a break and enjoy health benefits of an intense 30 minute cardio workout while listening to your favorite music or reading your favorite book. Royale Far Infrared Sauna will be your perfect health and relaxation assistant.

Detoxification: Removes harmful toxins and heavy metals from the body. Far Infrared Sauna stimulates the sweat glands, releasing built-up toxins and waste.

Boosts Circulation: Increases Blood Circulation and reduces blood sugar level to control diabetes. The use of sauna provides cardiovascular conditioning and involves substantial increases in heart rate, cardiac output and metabolism resulting in increased overall cardiovascular fitness.

Controls Weight: Burn upto 600 calories in 20 minutes session through profuse sweating.

Pain Relief: It has been proven that heat reduces pain sensation by direct action on both free-nerve endings in tissues and on peripheral nerves helping in arthritis, muscle spasms, joint stiffness and pains

Improves Skin: By improving circulation and hydrating cells and pores, Far Infrared Sauna has been shown to relieve acne, eczema, psoriasis, burns, lesions and cuts. ●