

# NEW WELLNESS MANTRA: UNWIND YOURSELF WITH FAR INFRARED SAUNA

If you are Diabetic, stressed, overweight, lack of sleep, have skin problem, suffer from aches and pains or simply want to DETOX your mind, body & soul, bring home Royale Far Infrared Sauna. SWEAT profusely, SLIM effortlessly & DETOXIFY naturally.



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## A TYPICAL DAY IN THE LIFE OF MODERN URBAN PROFESSIONAL

These days we all have busy lifestyles typically from 9 am to 9 pm and taking time out to relax and look after our fitness seems to take second place. But thanks FAR Infra-RED Sauna which based on conventional remedies and new technology where we can remain fit and relaxed with-in 20 minutes everyday while doing other parallel activities like reading newspaper, using mobile, drinking healthy beverages or listening music. While detoxifying your body, you also burn approx. 600 calories which is equivalent to 10 kilometers of walk.

The Far Infrared sauna provides a wider array of therapeutic benefits compared to a traditional sauna or steam room. The gentle soothing heat penetrates deeper into the body (2" vs. 2mm). As it enhances the metabolic processes of vital organs and glands, greater amounts of toxins are eliminated. Painful joints and muscles are relieved with the increased blood flow. Even though the temperature is cooler (110-130F in Far Infrared sauna vs. 180-210F in a traditional sauna), 2 to 3 times more sweat is released. The comfortable and relaxing experience will leave you with a greater feeling of well-being. It also consumes one third of electrical power than the traditional sauna. It is very easy to maintain at home.



Because of the high level of pollution mainly metros, we are exposed to we inhale harmful toxins& heavy metals, as well as poor dietary and exercise habits, need for regular sweating has become very critical . 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 leg will further enhance its benefits

Royale Sauna is one of the leading company of Healthcare & Wellness products in India from last 11 years, with their flagship product "Royale FAR Infrared Sauna" being one of the most

advanced, innovative& successful life-style product for your home.

**Royale Far infrared sauna provide the following health benefits:**

### Burn 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**

Modern day environmental toxins often become trapped within our bodies. Far-InfraRed energy has the ability to mobilize these tissue bound toxins, which are then expelled in our sweat. Our tissues absorb Far-InfraRed energy up to a depth of 2" thus, the 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 often benefit 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 tissue.

**Effective Skin Care with ease**

The 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

**HOW A SAUNA AFFECTS BODY AND MIND**



- In addition, a Sauna bath also has the following benefits:
- Strengthens and Mobilizes the Immune System
  - Improves blood flow by stimulating the blood vessels
  - Stimulation of the Nervous System
  - Activating the Metabolic Process
  - Heightening Mental Well-being

experienced with Far Infrared deeply cleanses the pores.

Treadmill is very commonly used at home for fitness. But for those who are unable to exercise sufficiently or loose motivation to sweat on treadmill every day for whatever reason, the radiant heat infrared sauna is an excellent way to get the benefits of exercise without undue stress on the bones, muscles, and associated tissues. FAR InfraredSauna has more advantage over traditional saunas. It's a best friend to take care of your health at home. ●



**Infrared Sauna Advantages over Traditional Saunas**

<p><b>40<sup>0</sup>- 45<sup>0</sup>c</b> Comfortable Operating temperature for Far Infrared Sauna</p> <hr/> <p>Conventional Saunas operate at 60-70<sup>0</sup></p>	<p><b>Rs.10- 15/-</b> per session operating cost for Far ' Infrared Sauna</p> <hr/> <p>Conventional Saunas net operating cost is approx 2-3 times more</p>	<p><b>0% 100%</b> NO maintenance and complete portability for Far Infrared Sauna</p> <hr/> <p>Convnetional Saunas do not have this advantage</p>	<p><b>2-3 TIMES</b> more sweat due to 3 inches deep penetration of Far Infrared</p> <hr/> <p>Conventional Saunas only provide surface level heating</p>
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