

THE BENEFITS OF FAR-INFRARED SAUNA

The experience of an infrared sauna is similar to sunbathing early in the morning at sunrise time, which gives you the radiant heat. The infrared heat penetrates your skin, giving you that wonderful natural warmth. Unlike sunbathing, infrared heat therapy is completely healthy and safe. You can relax in infrared sauna for long duration and it will never cause your skin to burn.

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Saunas and steam baths have been used since ancient times by cultures around the world to induce detoxification. Traditionally, saunas have been used to improve mind, body & soul; to diminish pain and promote longevity. In the past few years, it has been shown that saunas greatly assist in the elimination of toxics.

Sweating is an effective means of detoxification. The therapeutic value of regular sweating is immense. It has benefits for both body and mind and, in fact, is the primary benefit of exercise.

Infrared saunas increase the body's core temperature thus resulting in a much deep, detoxifying sweat from the cellular level. Steam heat saunas heat the air with steam, which can often be unbearably hot and will cause you to only sweat at the surface of the tissue. Steam also makes the air difficult to breath.

An infrared sauna on the other hand uses soothing dry infrared heat that is well ventilated and extremely comfortable and relaxing. Infrared heat therapy has also been proven to assist towards weight loss, pain relief, improved circulation and skin rejuvenation. There has been lot of myth regarding safety of infrared sauna. Even many of the experts feel that

FOR THOSE WHO ARE UNABLE TO EXERCISE SUFFICIENTLY, FOR WHATEVER REASON, THE RADIANT HEAT INFRARED SAUNA IS AN EXCELLENT WAY TO GET THE BENEFITS OF EXERCISE WITHOUT UNDUE STRESS ON THE SKELETON, MUSCLES, AND ASSOCIATED TISSUES

the infrared rays are similar to ultraviolet rays which can cause harm to the human body. Let me tell you that infrared rays are so safe that doctors are keeping newly born babies in incubators to avoid infection, where there is exposition to infrared rays. I think many Indians have seen Philips InfraRED Lamp, which

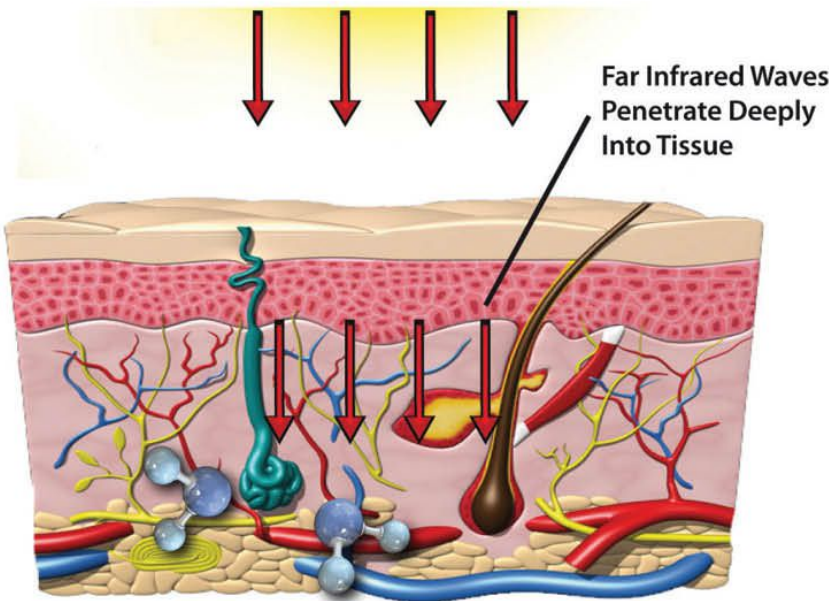


is being commonly used for back pain relief. It facilitates in repairing our internal tissue damage.

Further, our body also radiates infrared heat, which is of the order of 10 micron wave length. You can be exposed to infrared heat for hours and it will never cause your skin to burn. Infrared heat is completely healthy and safe.

Perhaps the most immediate effect you will experience with your infrared sauna is pure relaxation, as it can help to ease the stress and tensions of life. Just a few minutes in the gentle warmth of infrared sauna can give you an overall massaging effect; soothing jangled nerves and knotted muscles. This would help feel one relaxed & rejuvenated in body, mind & soul.

The radiant energy of a Far-InfraRed sauna causes a profound deep sweat. The skin is our largest organ and sweating is one of the body's most important 'detoxification' pathways. Profuse sweating experienced with Far-InfraRed sauna deeply cleanses the pores.



SPORT	CALORIES
Rowing (peak effort)	600
Marathon Running	590
Vigorous Racquet Ball	510
Swimming (crawl stroke)	300
Jogging	300
Tennis (fast game)	265
Chopping Wood	265
Cycling (10 mph, 16 kph)	225
Golfing (without a cart)	150
Walking (3.5mph, 5.6 kph)	150
Bowling	120
Royale FIR Sauna	up to 600

As the heat penetrates through the skin into the deeper tissues of the body, the toxins are released from the fat inside the cells. After about 30 minutes of exposure, the blood vessels of the skin dilate, increasing the flow of blood to the surface to support the cooling process. The millions of sweat glands covering the body are infused with fluid from the blood. In turn, they empty to the skin's surface, thereby flushing large amounts of toxins, including chemicals and addictive drugs, from the body. 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 energy has the ability to mobilise these tissue bound toxins, which

are then expelled in our sweat. Our tissues absorb Far-InfraRed energy up to a depth of 2" thus this type of 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.

Far-InfraRed has been used throughout the US, 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 by its deeply penetrating heat.

Besides, Far-InfraRed sauna stimulates cardio output and causes blood vessels to dilate. The enhanced blood flow brings pain relief and healing to muscles and other soft tissues.

There are other benefits of Far-InfraRed sauna too. They operate at temperatures varying between 30 to 55°C, while conventional saunas operate at temperatures varying between 60 to 80°C. Such high temperatures are not well tolerated for regular use, particularly in India due to its hot and tropical climate. Far-InfraRed's resonant absorption causes more toxins expelled through the kidney, liver, and hair. Far-InfraRed saunas are easy to main-



tain and supervise, even at home. And they are safer than conventional saunas. Far-InfraRed saunas induce 2-3 times the sweat volume as conventional burning. It gives air which is pleasant and easier to breathe, making the sauna more comfortable to use. Far-InfraRed saunas also involve less power consumption. ●

