



### **Far Infrared Sauna Therapy Health Benefits**

Far infrared saunas have shown to assist in weight loss, pain management, skin purification, detoxification and stress reduction. Far infrared saunas have also been shown to help those suffering from arthritis, chronic fatigue syndrome, fibromyalgia, and certain skin conditions. Solocarbon®, by Sunlight Saunas [the type of sauna shown above and the unit I have in my office] is a far infrared sauna therapy unit surrounds the body and penetrates deeply into joints, muscles and tissues, speeding oxygen flow and increasing circulation.

### **Infrared Saunas and Detox**

Detoxify at a cellular level to rid the body of heavy metals including mercury, lead, cadmium, and aluminum. Detoxify arsenic, formaldehyde, and industrial chemicals. Sunlight Saunas™ Solocarbon® heaters helps to purify cells, where our body stores waste and harmful toxins, such as cholesterol and heavy metals.

### **Sunlight Saunas™ are Safe.**

Infrared light is part of the Sun's invisible spectrum. One of Far-Infrared light's characteristics is the ability to easily penetrate human tissue. When this happens, it creates a natural resonance, which has many beneficial properties. Remember the last time you were sunbathing with sunscreen? Were you still hot? Of course you were because the sunscreen only stops the UV (Ultraviolet) light from hitting your skin. The Far-Infrared heat (Far-infrared light waves) penetrates your skin, giving you that wonderful natural warmth.

All humans send and receive far infrared waves. The range of waves generated by the human body is 6 to 20 microns. The optimal micron output range is between 7 and 14 microns which are very close to the resonant frequency of a water molecule. This similarity makes sense since our bodies are almost 70% water. This range, sometimes called "Vital Rays" appears to have special regenerative effects on the body.

You can be exposed to Far-Infrared heat for hours and it will never cause your skin to burn. Far-Infrared heat is completely healthy and safe for all living things. In fact, it is so safe it is used in hospitals to warm newborn infants.

I usually recommend usage of from 15 minutes to 30 minutes (at least 2x/week), depending on how high we set the settings and individual heat tolerance.

*Complementary session given.*

*You will love the feeling of cleanliness, relaxation, and even energy!*