

Benefits of Far Infrared Sauna Sessions

DETOXIFICATION

Medical doctors and health practitioners worldwide recognize infrared saunas as perhaps the most effective method of removing both chemical and heavy metal toxins from the body.

Saunas assist in removing toxins such as heavy metal (including mercury), and fat-stored (lipophilic) toxins, plus undesirable elements trapped in connective tissue and the brain. It also increases the eliminative, detoxifying, and cleansing capacity of the skin by stimulating the sweat glands. When the liver, kidneys, and lungs have been damaged by chronic exposure to environmental toxins, the body's ability to eliminate toxins becomes impaired. Detoxification assists the body in eliminating the toxins and promotes the restoration of those organs back to proper function so that they can address future toxins and lift an overall load off the body.

ENHANCED ENERGY AND IMPROVED SLEEP QUALITY

Particularly if your session is a little later in the day and you add the sound/relaxation therapy to your session (your practitioner can even suggest some guided mediation via an app or gentle relaxation music. The sauna has quality speakers inside the cabin assisting to block out the outside sounds of the world around you.

ENHANCED IMMUNE SYSTEM HEALTH

Each far infrared sauna session causes a brief, beneficial increase in body temperature, which improves immune system health by boosting production of infection-fighting white blood cells (leukocytes) by your bone marrow and killer T-cells by your thymus.

STRESS RELIEF

High daily stress levels put constant strain on the body's nervous system and can contribute to chronic disease. The far infrared sauna helps to reduce physical stress by boosting circulation and triggering the production of endorphins, the "feel good" hormones. Besides these physiological effects, a sauna session also contributes to stress reduction simply by providing a peaceful and relaxing environment away from it all. As an added extra and the ability for the sauna cabin to connect to Bluetooth, you can select from your own apps on your phone a guided meditation session, relaxation music or even ask us for our most suggested audio enhancements for sauna sessions. (Don't forget to turn off notifications!)

WEIGHT LOSS & CELLULITE CONTROL

Toxins can play a significant role in preventing us from losing weight as well as gaining weight. The body will even create fat to store chemical toxins when they exceed the body's ability to excrete them. Those wishing to lose weight should also note that the cardiovascular effect from a single sauna session may burn as many as 600 calories.

Cellulite is a gel-like substance made up of fat, water, and waste products trapped near the surface of the skin. The sauna is also quite effective at dealing with cellulite when combined with body therapies such as Bowen Therapy, Nutrition & Gut health support.

PAIN RELIEF

By dilating blood vessels, infrared heat increases blood circulation to injured areas, speeding up the healing process and relieving pain. Infrared heat has also been used extensively in the treatment of arthritis, rheumatism, and muscle spasms.

IMPROVED CARDIOVASCULAR HEALTH

Medical research shows that regular use of a far infrared sauna may be as effective for cardiovascular conditioning as exercise. As the body heats up, it cools itself by sending blood from the internal organs to the extremities and the skin, thus increasing heart rate, cardiac output, and metabolic rate. In the 1980s, NASA concluded that far infrared stimulation is the ideal way for astronauts to maintain cardiovascular conditioning during long space flights.

Read Dr. Jonathan Wright's Nutrition & Healing newsletter discussing far infrared sauna usage and its ability to improve heart health and even male erectile function. If interested, also read about the study published in the Journal of the American College of Cardiology that found that repeated use of a far infrared sauna improved vascular endothelial and cardiac function in patients with chronic heart failure. However, if you have been diagnosed with a specific cardiovascular condition and are on medication, approval by your doctor/specialist is required first so a gentle tailored program can be suggested for you.

SKIN ENHANCEMENT

Profuse perspiration deeply cleanses the skin, creating beautiful and improved tone, texture, and colour.

(And even more so with added Halo Salt Therapy!)