

Health Benefits of Infrared Saunas

■ It's Healthy

■ Passive Weight Loss-

■ Your body must expend energy (calories) to produce sweat, so a single sauna session can burn as many calories as you would jogging for 30 minutes.

■ Improves Blood Circulation-

■ As your body produces sweat to cool itself, your heart works harder pumping blood at a greater rate to boost circulation, supplying the conditioning effects of exercise.

■ Strengthens Your Immune System-

■ Heat exposure to the skin stimulates production of white blood cells and strengthens the immune system.

■ Improves Skin Tone-

■ The profuse sweating achieved after just a few minutes in an infrared sauna carries off deeply imbedded impurities and dead skin cells, not only leaving your skin glowing and immaculately clean, but also giving you improved skin tone, elasticity, texture and color.

Health Benefits of Infrared Saunas

- **Removes Toxins and Mineral Waste-**

- Increased blood circulation stimulates the sweat glands, releasing the built-up toxins and waste that your body trapped in the fatty layers just beneath your skin.

- **It's Therapeutic**

- **Pain Relief for Stiff Joints and Muscles-**

- The deep heat of an infrared sauna helps peripheral blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries.

- **Effective for Arthritis, Bursitis-**

- In Europe, radiant heat is widely used to treat patients suffering from many forms of arthritis, and has proven effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, and many other muscular-skeletal ailments.

SAUNA PROGRAM F.A.Q.

Q. DOES THE SAUNA REQUIRE ASSEMBLY?

A. YOUR SAUNA ASSEMBLES IN ABOUT 30 MINUTES

Q. IS THERE SPECIAL WIRING NEEDED?

A. NO, ALL SAUNAS ARE 110 VOLTS AND CAN BE PLUGGED DIRECTLY INTO ANY DEDICATED 15AMP HOUSEHOLD OUTLET

Q. HOW MUCH ELECTRIC DOES THE SAUNA USE?

A. ABOUT 1500 WATTS, SAME AS A HAIRDRYER

Q. WHERE CAN I PUT THE SAUNA?

A. ANYWHERE IN THE HOUSE. ALL SAUNAS ARE FOR INDOOR USE ONLY

Q. IS THERE A PROBLEM WITH MOISTURE FROM THE SAUNA?

A. NO, THIS IS DRY HEAT. NO MOISTURE IS PRODUCED OTHER THEN SWEAT. THERFORE, YOU CAN LOCATE YOUR SAUNA ANYWHERE LIKE A WALK IN CLOSET, SPARE ROOM, BEDROOM, ETC.

SAUNA PROGRAM F.A.Q.

Q. WILL THE WOOD ABSORB PERSPIRATION AND CREATE MILDEW?

A. NO, YOUR SAUNA IS MADE FROM A SPECIAL NON -TOXIC HEM-FIR WITH A BIRCH FINISH. IT WILL NOT ABSORB PERSPIRATION AND CREATE MILDEW OR BACTERIA. THIS IS COMMON WITH A ROCK & WATER SAUNA. NOT WITH AN INDOOR INFRARED SAUNA.

Q. IS THE INFRARED SAUNA SAFE FOR MY SKIN?

A. ABSOLUTLEY. UNLIKE UV RAYS, INFRARED RAYS ARE 100% SAFE.

SAUNA PROGRAM F.A.Q.

Q. IS THIS BETTER THEN THE "ROCK & WATER"
SAUNA LIKE AT A GYM?

A. YES, IT IS FOR MANY REASONS, INCLUDING
THE LOWER OPERATING
TEMPERATURE. REGULAR SAUNAS OPERATE AT
200 TO 250 DEGREES.
THIS CREATES A MOIST ALMOST STIFLING
EFFECT. THE DRY SAUNA
OPERATES AT 80 TO 130 DEGREES. YOU CAN
STAY AND ENJOY THE
BENEFITS LONGER. THERE IS ALSO A HUGE
COST SAVINGS IN OPERATING EXPENSE AND
CONSTRUCTION COSTS.