

TOP 10 BENEFITS OF INFRARED SAUNA

DETOXIFICATION

Infrared saunas promote sweating, helping your body eliminate toxins through its biggest organ: the skin.

EXERCISE RECOVERY

Saunas taken before exercise increase performance and quicken recovery. Just stay hydrated!

HEART AND BLOOD PRESSURE HEALTH

Saunas can lower both systolic and diastolic blood pressure over time.

BOOSTED IMMUNE SYSTEM

Get a jump on cold and flu season by taking a sauna, which increases white blood cells, lymphocytes, and neutrophils.

MOOD IMPROVEMENT

According to studies, sauna users self-report less anger and depression after a sauna.



YOUNGER SKIN

Infrared technology encourages development of more collagen and elastin, leaving skin smoother and helping wounds heal faster.

CIRCULATORY SYSTEM OXYGENATION

In an infrared sauna, your heart rate increases and blood vessels dilate, allowing oxygen to enter the cells of your body more easily.

PAIN RELIEF

Infrared heating pads are extremely beneficial for muscle and joint pain relief.

RELAXATION

Help your body maintain healthy cortisol levels, relax, and de-stress by taking an infrared sauna.

LOWERED INFLAMMATION

Keep your mind sharp and inflammation low with regular sauna use.