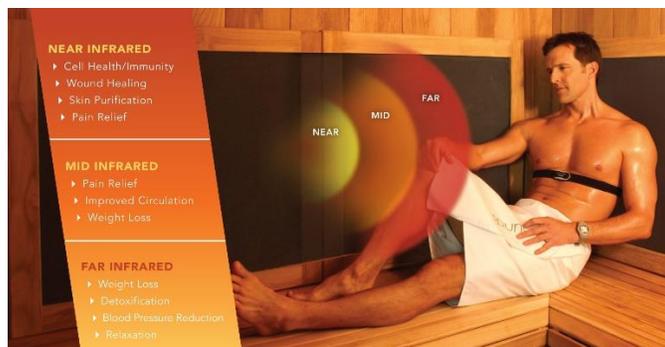


Infrared Sauna Health Benefits



Infrared saunas are an effective tool for natural healing and prevention. We chose the Sunlighten Infrared Sauna because of its built in, state-of-art technology, their scientifically tested high standards, and proven best quality of all saunas on the market. Infrared heat has the ability to penetrate human tissue which in turn produces a host of anti-aging health benefits making infrared saunas one of the “hottest” therapies for overall healthier living. If you want to get yourself back into balance, using our Sunlighten Infrared Sauna may be the ticket to achieving your wellness goals.

Detoxification

Sweating is good for you. It is the body’s safe and natural way to heal & stay healthy. Infrared sauna benefits the body by heating it directly causing a rise in core temperature resulting in a deep, detoxifying sweat at the cellular level, where toxins reside. "Detoxification is important because it strengthens the body’s immune system and helps the body’s biochemical processes function efficiently so that we are better able to digest the nutrients in our foods. Detoxification has also been shown to be helpful with colitis, chronic fatigue, fibromyalgia, auto-immune disease, immune deficiency states, autism, ADD and ADHD." -Dr. Rachel West

Relaxation

Our Sunlighten Infrared sauna was designed with the utmost in comfort for greater relaxation and stress-reduction. Unlike traditional saunas which operate at extremely harsh temperatures, infrared is a gentle, soothing and therapeutic heat that promotes relaxation and improved sleep. Infrared sauna benefits include therapy that helps you relax while receiving an invigorating deep tissue sweat, leaving you fully refreshed after each session.

Weight Loss

In the mood to lose weight? Our saunas promote weight loss by detoxifying the body and burning calories while you relax in total comfort. Studies have shown that benefits of an infrared sauna session can burn upwards of 600 calories while you relax! As the body works to cool itself, there is a substantial increase in heart rate, cardiac output and metabolic rate, causing the body to burn more calories.



Pain Relief

One of the most compelling reasons to use an Infrared sauna is the natural pain relief associated with infrared sauna therapy. Infrared heat penetrates tissue, joints, and muscles to relieve anything from minor aches and pains to chronic pain conditions such as fibromyalgia. Pain management professionals incorporate infrared heat therapy into treatment plans to decrease pain and muscle spasms and to speed up recovery time.

Blood Pressure Reduction

Only Sunlighten Infrared saunas are backed by clinical research that shows a reduction in systolic and diastolic blood pressure. Both are key factors in maintaining a healthy heart. Sunlighten Infrared Saunas induce a deep sweat to make the heart pump faster, which in turn increases blood flow, lowers blood pressure and helps circulation. Scientific evidence shows the infrared sauna benefits using a Sunlighten infrared sauna a couple times a week lowers blood pressure.

Improved Circulation

Using a sauna for infrared therapy is like giving yourself a passive cardio workout – whenever you need it! Heating the muscles with infrared rays produces an increase in blood flow similar to that seen during exercise. Regular infrared sauna use—especially in the mid infrared range—can significantly stimulate blood flow up to twice the normal rate.

Skin Rejuvenation

As part of a sauna skin therapy program, Infrared sauna therapy helps restore skin to a youthful appearance. The near infrared wavelength is the most effective wavelength for healing the epidermis and dermis layers of the skin. Near infrared treatments stimulate collagen production to reduce wrinkles and improve overall skin tone.

Wound Healing

Our advanced Solocarbon Full Spectrum infrared heating technology has the unique ability to heal wounds faster and minimize scarring through the use of near infrared LEDs. No other sauna can do this. Scientific research has concluded that near infrared therapy greatly enhances the skin's healing process by promoting faster cell regeneration and human tissue growth. Human cell growth increases to repair wounds and prevent infection.

Cell Health, Muscle Recovery & Immunity

Stay healthy with the natural preventive properties of Sunlighten's exclusive heating technology, which aids in cell health, muscle recovery and overall immunity defense. Near infrared therapy stimulates the circulatory system and more fully oxygenate the body's cells. Better blood circulation means more toxins flow from the cellular level to the skin's surface to improve cell health, aid in muscle recovery and strengthen the immune system.



Infrared Sauna Pricing

Introductory	\$20
Regular	\$35
Private Party	\$40 (add up to 3 people)

Packages

2 Sessions	\$50
4 Sessions	\$90
6 Sessions	\$125
10 Sessions	\$180