

WHAT IS InfraRED

The experience of an infrared sauna is similar to sunbathing early in the morning at sunrise time, which gives you the healthy radiant heat. The infrared heat penetrates your skin, giving you that wonderful natural warmth. Unlike sunbathing, infra-red heat therapy is completely healthy and safe. You can relax in infrared sauna for longer durations and it will never cause your skin to burn.

Infrared Saunas increase the body's core temperature thus results in a much deeper, more detoxifying sweat from the cellular level of rock/steam heat saunas heat the air with steam, which can often be unbearably hot and will cause you to only sweat at the surface of the tissue. Steam also makes the air difficult to breath. An infrared sauna uses soothing dry infrared heat that is well ventilated and extremely comfortable and relaxing. Infrared heat therapy has also been proven to assist with weight loss, pain relief, improved circulation and skin rejuvenation.

SAFETY & UTILITY OF InfraRED RAYS

There has been lot of myth regarding safety of InfraRED Sauna. Even many of the experts feel

Sweat For Good Health By Far Infrared Sauna

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that these rays are similar to Ultra-violet rays which cause harm to the human body. Let me tell you that InfraRED Rays are so safe that Doctors are keeping **newly born babies in incubators to avoid infection. These are nothing but InfraRED rays.** I think, every Indian has seen Philips **InfraRED Lamp** which is being commonly used for back pain relief. It repairs our internal tissue damage.

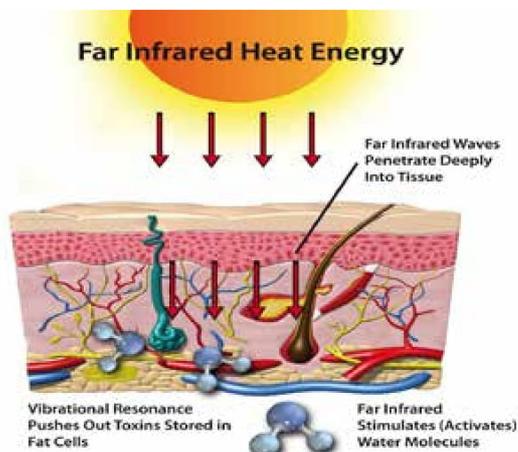
Further, **Our body also radiates InfraRED** heat which is of the order



For those who are unable to exercise sufficiently, for whatever reason, the radiant heat infrared sauna is an excellent way to get the benefits of exercise without undue stress on the skeleton, muscles, and associated tissues.

of 10 micron wavelength. You can be exposed to infrared heat for hours and it will never cause your skin to burn. Infrared heat is completely healthy and safe. In Thailand, all the wellness resorts near Koh samui gives 1 hour of FAR infrared Sauna treatment along with their treatments like mind, body & soul rejuvenations and weight loss treatments.

Saunas and steam baths have been used since ancient time by cultures around the world to induce Detoxification. Traditionally, saunas have been used to improve mind, body & soul, to diminish pain and promote longevity. In the past few years, it has been shown that saunas greatly assist in the elimination of Toxins. The radiant energy of a Far-InfraRed sauna causes a profound deep sweat. The skin is our largest organ and sweating is one of the body's most important 'detoxification' pathways. As the heat penetrates through the skin into the deeper tissues of the body, the toxins are released from the fat inside the cells. After about 30 minutes of exposure, the blood vessels of the skin dilate increasing the flow of blood to the surface to



- Improves Blood Circulation & Metabolic Function
- Cleanses the Body of Harmful Toxins

support the cooling process. The millions of sweat glands covering the body are infused with fluid from the blood. In turn, they empty to the skin's surface, thereby flushing large amounts of toxins, including chemicals and addictive drugs, from the body.

Because of the level of pollution we are exposed to and its many sources, as well as poor dietary and exercise habits, the therapeutic value of regular sweating has become immense. It has benefits for both body and mind and, in fact, is the primary benefit of exercise.

TOP SIX benefits of FAR InfraRED Sauna

Burn Calories

In response to the warming effect of Far-InfraRed, heart rate, cardiac output and metabolic rate increase. These reactions provide a 'passive exercise' effect, which amazingly, can burn up to 600 calories in 30 minutes.

SPORT	CALORIES
Rowing (peak effort)	600
Marathon Running	590
Vigorous Racquet Ball	510
Swimming (crawl stroke)	300
Jogging	300
Tennis (fast game)	265
Chopping Wood	265
Cycling (10 mph, 16 kph)	225
Golfing (without a cart)	150
Walking (3.5 mph, 5.6 kph)	150
Bowling	120
Royale FIR Sauna	Up to 600

Detoxification

Far-InfraRed energy has the ability to mobilize these tissue bound toxins, which are then

expelled in our sweat. Our tissues absorb Far-InfraRed energy up to a depth of 2" thus; the sauna releases toxins from throughout our body. Contaminants, including mercury, lead, pesticide residues, solvents and by-products of fossil fuel combustion, are expelled through the skin thus, bypassing the liver and kidneys.

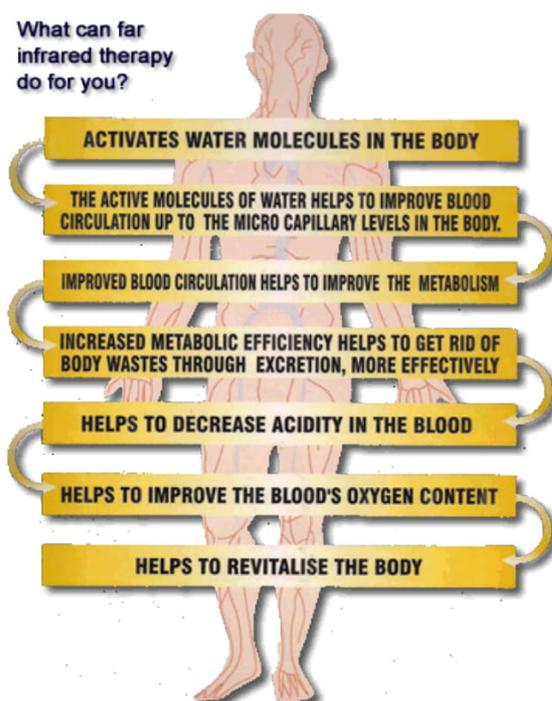
Pain Relief

Far-InfraRed has been used throughout USA, Europe and Asia to treat a wide array of muscular- skeletal ailments. Conditions such as arthritis, bursitis, Fibromyalgia, backache, sprains and strains often benefit from this deeply penetrating heat. Far-InfraRed stimulates cardio output and causes blood vessels to dilate. The enhanced blood flow brings pain relief and healing to muscles and other soft tissue.

Skin Care

The sauna is often helpful in the treatment of acne, psoriasis and eczema. Skin is left soft and smooth with improved tone and elasticity as the profuse sweating experienced with Far-InfraRed deeply cleanses the pores. Regular use of Far InfraRED Sauna makes our skin 10 years younger.

What can far infrared therapy do for you?

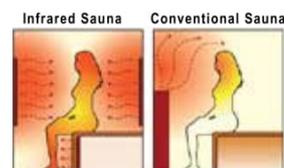


Immune System Boost

The deep heat produced from a infrared sauna raises your body temperature, inducing an artificial fever. As it works to combat the "fever", your body's immune system is strengthened. Combined with the elimination of toxins and wastes produced by the intense sweating improve overall health.

Stress and Fatigue Reduces

Perhaps the most immediate effect you will experience with your Infrared Sauna is pure relaxation, as it melts away the stress and tension of life. Just a few minutes in the gentle warmth of infrared Sauna gives you an overall massaging effect, soothing jangled nerves and knotted muscles. You'll feel relaxed & rejuvenated body, mind & soul.



Infrared light therapy provides many of the health benefits of natural sunlight without any of the dangerous effects of solar radiation.

FAR Infrared Sauna vs Traditional Sauna

- Far infrared saunas operate at temperatures of 30 to 55°C, While conventional saunas that operate at temperatures of 60 to 80°C, these temperatures are not as well tolerated for regular use particularly in India due to hot and tropical climate.
- Far infrared's resonant absorption causes more toxins expelled through the kidney, liver, and hair.
- Far infrared saunas are safer as there are no hot surfaces or high temperatures. Very easy to maintain and supervise even at home.
- Induces 2-3 times the sweat volume as conventional burning. The air is more pleasant and easier to breathe, making the sauna more comfortable to use. Power Consumption is much less (2 KW only)

FAR InfraRED Sauna heaters are placed at 360 degree while the conventional sauna electrical/ Rock placed at only one corner. DT