

The Beauty Booth



**Role Of Far Infrared Sauna In
Beauty & Fitness Industry
Experience A Great Deal Of
Positive Health Benefits With An
Infrared Sauna!**



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For Indians, Saunas are generally used in five star hotels and resorts. From last couple of years, the big bungalow's have also started installing steam and saunas at their main bathroom but they found that it is very costly to run and difficult to maintain. To resolve this issue completely now, as the technology advanced, FAR infrared Saunas are gradually taking over this segment and due to their low power consumption, easy to use and maintain benefits, its' becoming more and more popular in different verticals also like Day SPA Parlors, Ayurveda and Naturopathy centers, even at homes. People are upgrading their setups by easily adding FAR InfraRED Saunas to attract and retain their clients.

FAR InfraRED saunas give your body gentle and persistent heat, which helps reduce tension, lets our muscles unwind, and more! Additionally, research has shown that there are other health benefits of a sauna which include helping provide deeper sleeps and reducing colds and flu's. (with regular use) And while the list goes on when it comes to sauna health benefits – the

most important benefit of a sauna is that it will leave you feeling relaxed, rejuvenated and feeling yourself absolute charged. Every user will ultimately live a better life by owning an infrared sauna.

Skin Purification

The body expels toxins in numerous ways, one of these ways being sweat. Sweat contains many toxins that the body does not desire to have within. Sweat happens when we exert our core to an extent. This increases the temperature inside. The body's natural reaction to heat is to sweat, cooling the skin. Sweat will remove more toxins than even urine. Since urine is mostly waste. Heat is one of the bodies greatest defense mechanisms. A fever is a natural reaction by the body to fight off a disease. In this same way, heat is applied to reduce the amount of toxins living beneath the surface. The surface of the skin will appear softer and even feel so. The pollution buildup in the skin over the course of a day can be massive and the sweat will rinse the skin even better than a hot shower.

Around the world far infrared sauna is becoming very popular in entire beauty and wellness industry as it is very effective in detoxifying the body by easily taking out toxin`s and improved body metabolism and blood circulation at very low operating cost. In india, beauty parlors', gym`s, day spa are upgrading their existing setups with far infrared sauna to attract & retain their clients.

Weight Loss



When you are relaxing in a Good Health Sauna, your body is actually working for you. This passive cardiovascular conditioning increases heart rate and metabolism, produces sweat, pumps blood, and

burns calories – resulting in sauna weight loss!

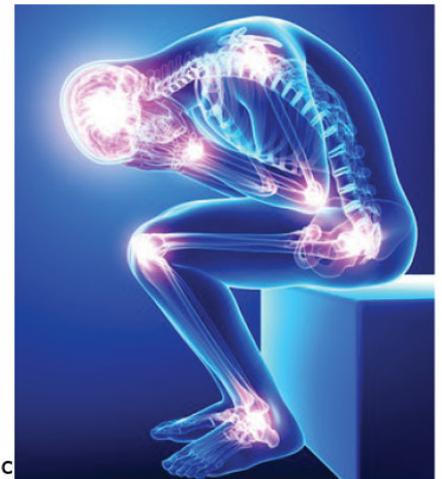
Because far Infrared heat generated in a sauna penetrates deep into your body (up to 2 inches deep), it assists in the infrared sauna weight loss by causing a heating effect deep in your muscles and organs. Your body then reacts by increasing your metabolic rate and raising your pulse as you start to sweat. This profuse sweating helps to increase your basic body temperature, which also puts your metabolism to work. And then as the body starts to cool itself, there is an increase in heart rate, cardiac output, and overall metabolic rate. With a higher metabolism, your body converts food into energy at a faster rate. Typically when you have a slower metabolism, the body will start to store the energy in fat tissues, and, if not released through diet and exercise, will remain in the tissue and weight will be gained. Therefore, infrared sauna for weight loss control is a real thing!

Potential Calories Burned In Infrared Sauna

Since an infrared sauna helps generate two to three times the sweat produced in a hot-air sauna, the implications for increased caloric consumption is large. Typically, people using saunas can burn up to 600 calories in a session (however, this number varies and isn't guaranteed). When compared to sports and exercise, there has been more calorie burn in the FAR Sauna.

Pain Relief

Did you know that one of the primary uses for far-infrared heat therapy is to assist in sauna pain management. Because far-infrared heat penetrates 1-2 inches deep into the body's soft tissue, it makes it a great source of relief for symptoms like arthritis pain to backaches. This specific



type of heat expands your blood vessels and increases circulation, without increasing blood pressure. And as your circulation improves, more oxygen is able to reach tissues and nerves, helping to reduce pain and speed up the healing process as it has a direct effect on both free-nerve endings and peripheral nerves. On a daily basis, your muscles become stiff due to everyday activities and stress. Far infrared heat will relax them and help them regain their elasticity. This method of sauna pain management is specifically effective as it reduces your bodies suffering from injuries and chronic pain while consistently improving the mobility of the joints/muscles in question. Whether you are dealing with muscle soreness from swelling, are elderly or younger and athletic, this technique can (and will) help loosen sore muscles and joints. (without the use of ointments or creams) Furthermore, this deep penetrating heat used in sauna pain management not only stimulates

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blood circulation and dilates your blood vessels; it breaks down your body's lactic acid deposits, too! Lactic acid tends to form deposits in your muscles, which lead to cramps, secondary spasms, tightening, and fatigue in your body.

Boost Body Metabolism

Exercise and a healthy diet are the keys to weight loss and metabolism. Therefore, it is very important to exercise. Infrared saunas have already eased the pain and tenderness of sore muscles and joints with their relaxing and pain fighting heat. In this way, a workout is far easier for the user. One session before and after can cause the muscles to stay loose and not tense up from the workout. Another fun way to workout is while inside the the infrared sauna. The saunas heat creates a higher sweat response and the small leg lifts or stretches done inside the sauna will burn extra calories in less time. The constant motion and calorie burning leads to a higher metabolism as a basic result. Kinetic energy is increased in the cells due to them moving faster within the body. The metabolic rate is increased because of the stored energy within the cells.

These cells continue to produce their chemical reactions, only at a faster and more efficient rate.

