

The Healthy Pink



SMART InfraRED Sauna 2.0 : A new generation of Royale FAR InfraRED Sauna will have larger high Quality Carbon Panel heaters with most advance color therapy with Pink Himalayan Salt wall inside – ready to enhance benefits of FAR InfraRED Sauna Cabins manifold.



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You had been reading my articles on FAR InfraRED Sauna and it's a big list of benefits associated with it. Now, I am not going to repeat it in this article. Royale Sauna is pleased to introduce InfraRED Sauna 2.0 series which is much smarter and more effective in terms of it's application. You can also operate thru your android mobile phone thru Wifi/Bluetooth.

Himalayan salt is known for being the purest salt on earth, rich in minerals and a natural detoxifier of the body and surrounding air. The unique beauty and wellness benefits of Himalayan Pink Salt are truly unbeatable.

Each brick of Himalayan Pink Salt is unique in itself, with different hues of pink and white that swirl together to give off the appearance of stained-glass. This unique coloring comes from a high concentration of minerals and trace elements. When gently heated by the warmth of sauna, the salt crystals release these minerals enriching the quality of the surrounding air which, in turn, is breathed in and absorbed into the body. It is also thought that heating the Himalayan salt crystals activates the hygroscopic (moisture absorbing) properties of the salt. This process releases negatively charged ions that attach themselves to bacteria, dust, and other pollutants, cleansing and purifying the air.

Because it is naturally antibacterial and anti-inflammatory, halo therapy (salt therapy) is becoming increasingly popular for its therapeutic properties. Himalayan salt has been used as a way to combat respiratory discomfort, reduce seasonal allergy symptoms, and to draw out toxins from the body and skin. There are even thought to be detoxifying benefits from just setting your feet or hands on a heated brick of Himalayan Salt which can be done while enjoying your sauna.

Benefits of Himalayan Salt Sauna

In addition to the benefits of the Infrared Sauna, the Himalayan Salt Sauna releases negatively charged ions which serve to purify the circulating air as well as allow our bodies to reap health benefits including stress reduction, energy increases, and mood boosts at a biochemical level. Containing at least 84 naturally occurring trace elements in their natural mineral form, the benefits of Halo therapy (the inhalation of micronized dry salt within a chamber) are abundant. When the effect of pure Himalayan salt is added to Infrared Sauna, the result is a truly superior sauna experience.



After GYM use of FAR Infrared Sauna with Himalayan Salt wall for reduce muscles pain, easy tissue repair & high quality of Air Inhale.

Any health clubs and fitness centers offer saunas (both steam or conventional Sauna) to help members relax and unwind after exercising. Saunas were first utilized some 4000 years ago and much research has been carried out as to the health benefits. A sauna is one of the top methods utilized to flush toxins from the body as it causes you to sweat profusely, forcing toxins such as heavy metals to the surface of your skin. Till now, Steam Sauna were very popular in Indian Gym but it is found that maintenance of steam sauna is very difficult and power consumption is also very high. Further, there are good chances of spreading water born deceases if not cleaned properly.

The dry heat of sauna or conventional sauna offers many health benefits when used safely, but it`s regular use can cause serious damage to health unless you take proper precautions

HIMALAYAN SALT SAUNA BENEFITS

- Skin Regeneration**
- Accelerated Detoxification**
- Pain Relief**
- Deep Skin Cleansing**
- Relax Body & Mind**
- Fresh & Healhy Glow**
- Increases Circulation**

on the duration, temperature control and keep hydrated. Like steam sauna, it consumed lots of power and due to higher temperature & misuse, it can catch fire.

To solve both these issues, FAR InfraRED Sauna is becoming more popular and acceptable in GYM`s as it gives true value for money. Low power consumption and very easy to operate & maintain. It also operate at very easy to tolerate temperature & can be used with

light clothes.

FAR InfraRED Sauna are commonly used for post-workout muscle tightness and pain. The FAR InfraRED rays from the sauna allows the muscles to relax and can speed up healing and recovery time, allowing a more rapid return to your workout without experiencing continual muscle pain. Fitness goals can then in turn be reached more rapidly, whether you are focused on weight loss and cardio workout or muscle gain through lifting. DT

