



Look Young!

Your New Wellness Mantra to look younger By RoyaleFAR InfraRED Sauna

Everyone wants to be fit and look younger but due to busy life, it is very difficult to keep balanced between healthy food, lifestyle and unwind the mental stress. It leads to many health issues and if not addressed in time, can lead to so many complications. During the winters, the pollution level in each city goes high and our metro & their neighbouring town it crosses to dangerous levels. Due to high pollution levels, **we inhale huge amount of TOXINS** which are harmful for the body. During the winters, generally our exercise levels are low and we tend to eat more rich food. We also stop natural sweating & cover our body. This leads to double our health problem as we are taking more toxics and are not flushing our thru natural sweating.

Now, no worry as **Royale FAR Infrared (FIR)** Sauna is your best friend forever (BFF) which not only detoxifies

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your body and also makes your skin younger and hydrated. It simply Re-energise, Recharge, De-stress & Detoxify mind, body and soul.

Using FIR Sauna, One of the best passive exercises is the radiant heat of an infrared sauna which causes a profound deep sweat. After about 30 minutes of exposure, the blood vessels of the skin dilate to allow more blood to flow to the surface to 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 toxic acids and heavy metals, from the body.

Our more than 10 years' experience with **Royale FAR InfraRED Sauna in India** shows that a radiant heat (FAR infrared) sauna provides the following benefits:

Skin Care

Improve your skin's appearance with regular use of a FAR InfraRED Sauna. Open wounds heal quicker with reduced scarring. Far infrared heat



therapy helps acne, eczema, psoriasis, burns and any skin lesions or cuts. It also reduces wrinkles, makes skin look radiant, firms and improves skin tone and elasticity. Regular use may also help reduce cellulite trapped beneath the skin, lessen the appearance of scars, and help significantly heal burns. Feel younger by 10 years.

Detoxification



Detoxing from a Far Infrared Sauna is 7 to 10 times greater than a conventional sauna. In a conventional sauna the average person sweats out 3% toxins and 97% water. In a Far Infrared Sauna, the average person sweats out 20% toxins and 80% water!

Improves Blood Circulation

Heating of muscles with Far Infrared produces an increased blood flow level similar to that seen during exercise. Body temperature elevation also produces an increase in blood flow. Infrared heat assists in resolution of inflammatory infiltrates, edema and exudates.

Pain Relief & Tissue Repair



Doctors have been recommending InfraRed saunas for some time now because of their proven benefits in treating sports injuries, chronic fatigue, fibromyalgia, arthritis and other chronic conditions. They work by penetrating joints, muscles and tissues, increasing circulation and speeding oxygen flow. By reducing soreness on nerve endings, the InfraRed heat reduces muscle spasms and helps the body heal itself naturally.

Weight Loss & Cellulite Reduction



Infra-red helps rid your body of excess moisture, salt, and fat – and yes, it's scientifically proven, (according to information published by the American Medical Association). It increases your heart rate, cardiac output, metabolic rate and burns calories. A 30 minute Far Infrared Sauna session can burn from 200 up to 700 calories! Regular use can reduce your weight by 3-5 Kgs in a month.

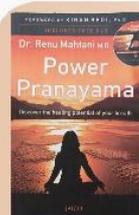
Lower the Blood Pressure & Diabetic Control



Regular use of FAR InfraRED Sauna gives major relief in reducing blood pressure by improving the blood flow and doing the cleansing function in Arteries and Veins. It reduces pressure on heart and you feel very relaxed. Further, It improves body metabolism which increase better immunity, diabetes control & overall you feel very energetic throughout the day.

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. It is a latest Lifestyle product and need for every home. It has virtually no maintenance and very low running cost.

I am very happy to share with our readers that each user of our FAR InfraRED Sauna is very satisfied with results for which they are using this products. We have installation all across the country for individual homes, SPA`s, DAY SPA`s, Beauty Parlours, Naturopathy Centres, Ayurvedic Clinics, Slimming Centres, Skin Care Clinics. GYM`s etc. We are sharing some feedbacks from users from India:



It is an amazing product for detoxification. It helps you discover the healing potential for your body. An ecofriendly sauna having a great relaxing experience. It rejuvenates and repairs your body.

DR. RENU MAHTANI, MD

Physician & Yoga Therapist, Pune
www.paramyoga.in



Using Royale FAR InfraRED Sauna from last 9 years regularly. Helped me in reducing my weight & improved my skin color & texture. It always nurishes my skin, body & soul. I can easily use my mobile during the sauna.

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