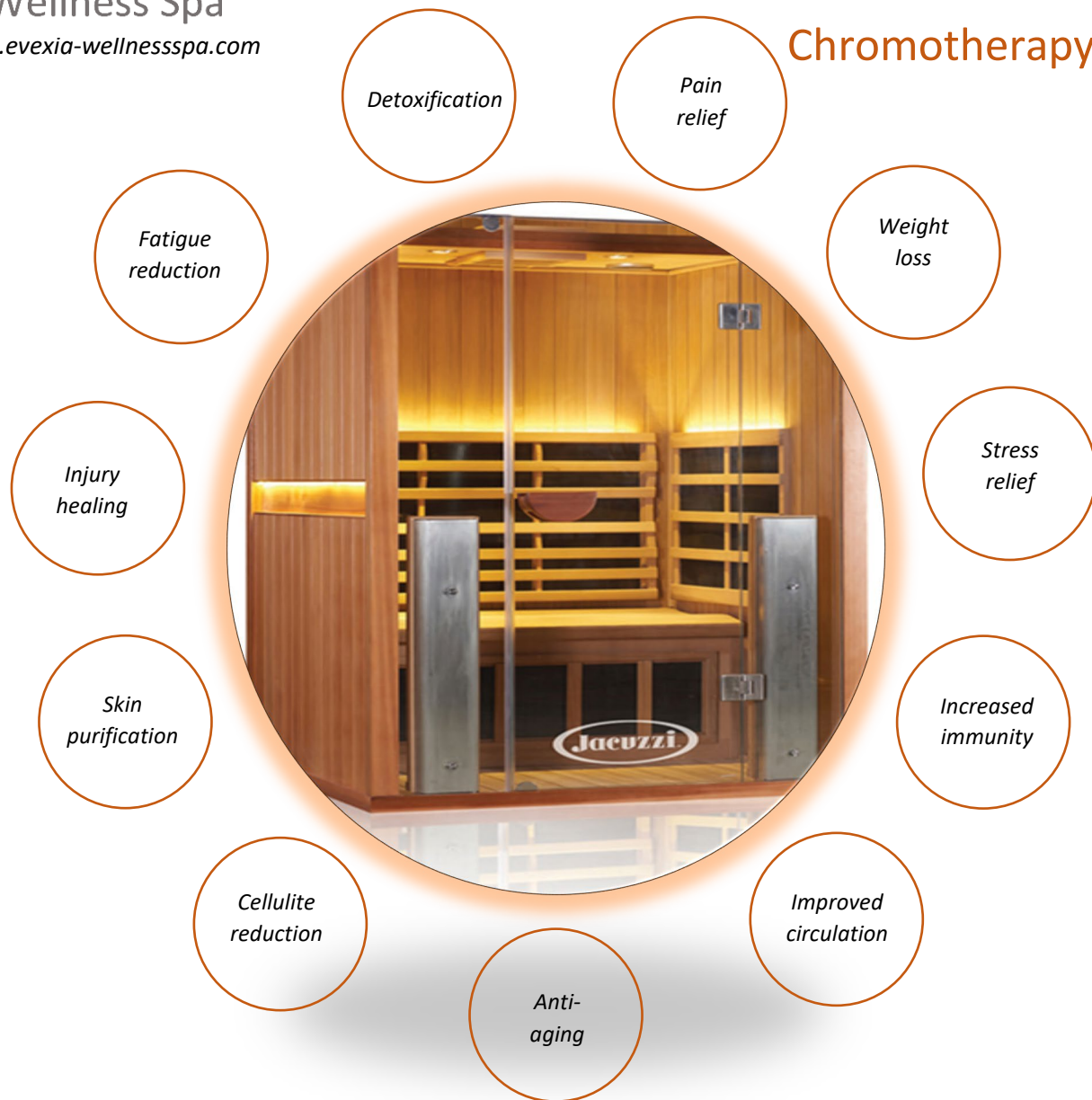


## Full Spectrum Infrared Sauna with Chromotherapy Light



### What is a Full Spectrum Infrared Sauna?

The sun emits both visible and invisible rays of light. Invisible light rays (infrared wavelengths) cause sunlight to feel warm against our skin. Scientific research has found that infrared waves benefit our overall health by stimulating our cardiovascular, immune, and lymphatic systems. This stimulation helps in removing toxins from the body and promotes relaxation. Unlike harmful ultraviolet light (known to increase your risk of melanoma and other types of cancer. A true Full Spectrum infrared sauna offers advanced near, mid and far infrared wavelength technologies which your body readily absorbs and penetrates deep through the layers of the skin, to the muscles and bones. Since infrared therapy enhances and improves circulation in the skin and other parts of the body, it can bring oxygen and nutrients to injured tissues, promoting healing

**Q: What are the Differences Between an Infrared Sauna and a Traditional Sauna?**

**A:** The main difference between infrared and traditional saunas is the method in which they produce heat. Traditional saunas use water and heated rocks to produce steam. The combination of the rocks and the steam can heat the room to higher temperatures than infrared. Whereas an infrared sauna relies on infrared spectra of light to produce deeper sweats at reduced ambient air temperatures. A full spectrum system provides all wavelengths 100% of the time to optimize your sauna session.

**Q: Is Full Spectrum Infrared Heat Safe?**

**A:** Yes. Infrared saunas use harmless infrared light (the same kind emitted by the sun) and does not contain harmful ultraviolet rays and are generally safe for most people.

**Q: Is it clean?**

**A:** Yes! Our saunas are sanitized after each use. Infrared light kills all bacteria and any airborne germs.

**Q: How long do you recommend for each infrared sauna session?**

**A:** It is recommended to work your way up slowly, especially if you are new to infrared sauna, we offer both 30- and 60-minute sessions. Sweating and detoxification continues after you get out of the sauna for about 30 to 60 minutes afterwards, so it is not recommended that you shower right afterwards as it will shorten the benefits of the detoxification process.

**Q: What do I wear in the sauna?**

**A:** You can wear a bathing suit or a towel. You will be in a private room alone or with your partner/friend.

**Q: What is chromotherapy Light Therapy?**

**A:** Chromotherapy is the science of using colors to adjust body vibrations to frequencies that result in health and harmony. Each color possesses frequencies of a specific vibration, and each vibration is related to different physical symptoms. Our bodies need the sun's light to live.

**Q: How should I prepare for my infrared sauna experience?**

**A:** **Hydrate!** Its best to be well hydrated before your infrared sauna treatment. Drink water, non-sugary sports drinks or coconut water. Wait at least a couple hours after eating. Alcohol is **NOT** permitted or recommended before or after treatments. Towels are provided for your use.

**Q: Can children use the infrared sauna?**

**A:** In general, children above the age of 12 can use the infrared sauna for a brief session. Children who are prepubescent are not able to thermoregulate as well as adults do, so please consult with your primary care provider before using the infrared sauna.

**Q: Who cannot use the Infrared Sauna?**

**A:** Infrared Sauna use is **not** recommended for people who are pregnant, children under 12, those who cannot handle temperature extremes, those with Hemophilia, fever, insensitivity to heat, and those under the influence of alcohol or drugs. See our waiver for list of contraindications.