

## Far Infrared Sauna

### **Far Infrared Sauna: Benefits**

- **Build a Stronger Immune System**

Infrared sauna has been shown to enhance the body's immunity by increasing white blood cell counts.

- **Detoxification**

Far infrared sauna can assist the body in detoxifying heavy metals, cholesterol, alcohol, nicotine, and other environmental toxins.

- **Weight Loss and Increased Metabolism**

A 30 minute infrared sauna session can burn up to 600 calories.

- **Clear Your Skin**

Sauna use has been shown to improve acnes and encourage skin to purge oily residues.

- **Improve Sleep**

Infrared sauna has been shown to decrease anxiety and improve quality of sleep.

- **Decrease Pain**

Infrared saunas have been shown to decrease pain and stiffness in people with arthritis.

## **Far Infrared Sauna: Frequently Asked Questions**

**Why do we need to sweat?**

**What can we do to reduce our toxic load?**

**Who can benefit from doing therapeutic sweating?**

**Why is far infrared (FIR) sauna the best choice for detoxification?**

**What about chemically or environmentally sensitive people?**

**What to bring to your sauna session?**

**What to expect from your sauna session?**

**What is the temperature of the far infrared sauna?**

**What else can help with detoxification?**

**Are there contraindications for using the sauna?**

**Why do we need to sweat?**

Sweating helps to expel the hundreds of toxins that we are exposed to every day. The majority of toxicants studied can be excreted well through sweat – and we don't sweat nearly enough. Sweating is an incredible tool to help cleanse the body of this toxic load and prevent disease.

**What can we do to reduce our toxic load?**

First, we can make attempts to reduce our exposure to toxins in an act of prevention. Second, we can support our bodies' detox process, for example, through therapeutic sweating.

**Who can benefit from doing therapeutic sweating?**

Nearly everyone (with some exceptions), and people with most any chronic disease can benefit from therapeutic sweating. Sauna therapy can be beneficial for anyone wanting to decrease stress, improve sleep, boost immunity, calm anxiety, detoxify, decrease joint inflammation, increase metabolism and encourage weight loss. Therapeutic sweating provides particular benefit for the following conditions:

- Chronic fatigue syndrome
- Sleep disorders
- Diabetes type II
- Autoimmune disease
- Degenerative joint disease
- Neuropathy
- IBS
- Chemical sensitivity
- Low immune function/low white blood cells or low platelet counts
- Lyme disease
- Mold toxicity
- Obesity and inability to lose weight
- Many other conditions

## **Why is far infrared (FIR) sauna the best choice for detoxification?**

Peer-reviewed research on infrared rays has focused predominantly on far infrared (FIR). Far infrared is the longest wavelength which penetrates the fat cells causing vasodilation, where the fat cells vibrate to expel toxins, resulting in the greatest levels of detoxification and stimulate your metabolism to aid in weight-loss. FAR infrared induces sweat that transfers the toxins being released from fat cells through the skin.

## **What about chemically or environmentally sensitive people?**

The far infrared sauna at J9Massage & Beyond is the most non-toxic, low EMF unit available for use in Colorado. There are no toxic glues, varnishes or paints used in the manufacturing of the unit. The sauna is made out of poplar wood, which is one of the least reactive woods for chemically sensitive patients.

## **What to bring to your sauna session?**

- Water (preferably with electrolytes or a good quality trace mineral supplement).
- Book to read (music or guided meditation provided upon request)
- Personal care products. We provide dry towels for your use during your sauna session and wet towels after.
- *Please do not wear any perfumes and scented products in the sauna, and reschedule your sauna session if you are sick or \*possibly getting sick, or have an open wound.*

## **What to expect from your sauna session?**

To get a good sweat going, you must be well hydrated. Be sure to not overheat or get too dehydrated; make sure you drink plenty of water before, during, and after your sauna session. It may take a few sessions to get a good sweat going, as your body's sweat mechanisms may need time to reactivate.

## **What is the temperature of the far infrared sauna?**

This traditional dry far-infrared sauna is offered for use to stimulate sweating. It is best to start at 100F for 20 minutes and then work up to 110-120 degrees F for 30 minutes. The temperature and the length of time can be modified based on the tolerance of the individual.

## **What else can help with detoxification?**

Exercise, proper nutrition and sleep are critical for maximum sauna benefit. Feel free to take breaks during your sauna session, follow with a cold shower and/or snack after your session. There are a variety of supplements and organic foods that can help support your detoxification regiment, but talk to your medical practitioner about recommended supplements and dosing.

## **Are there contraindications for using the sauna?**

The following health conditions are NOT recommended for sauna use:

- Serious unstable illness
- Pre-existing fever
- Severely decreased vitality (elderly, very young children)
- Open wounds
- Poorly controlled diabetes
- Multiple sclerosis
- Malignant hypertension
- Pregnancy or possible pregnancy
- Breastfeeding
- Heart failure
- Cardiac arrhythmia
- Severe anemia