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## Detoxification

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A far infrared sauna increases your blood circulation and stimulates the sweat glands to release built up toxins from fat cells in the body. Regular sessions can help detoxify your body of accumulated highly toxic metals and chemicals, such as lead, mercury, nickel, pesticides, dioxin, nicotine, sulfuric acid, and other toxic compounds.

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## Weight Loss

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As you relax in a sauna, your body is actually hard at work producing sweat, pumping blood, and burning calories. This increases your metabolism. Regular use may be as effective a means of cardiovascular conditioning and burning of calories as regular exercise.

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## Pain Relief & Improved Heart Health

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The deep heat that occurs during a sauna session helps blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries. Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen-depleted muscle, so they recover faster. The heat from the sauna also helps to reduce soreness on nerve endings and muscle spasms as muscle joints and fibers are heated. Muscles relax most readily when tissues are warm, for greater flexibility and range of motion.

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## Improves Immune System

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Removing chemicals and harmful toxins from the body enables the immune system to function better. This enhanced immune system, combined with improved elimination of toxins and wastes via intense sweating, increases your overall health and resistance to disease.

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## Skin Purification

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The sweating achieved during your sauna session carries off deeply imbedded impurities and dead skin cells. This leaves the skin glowing and immaculately clean. As a result, you will see improved tone, elasticity, texture and fresh color. The removal of toxins from the fat cells can also reduce or eliminate cellulite.