

AT RISK IN A TOXIC WORLD

Chemicals are everywhere – mercury from fish, dental filling and flu shots, chemicals from cleaning agents, plastics from water bottles and other packaging, pesticides in our food, vapors from carpets and paint, even bathing in chlorinated water. So what happens to these chemicals? Since the body cannot get rid of all of these toxic substances, it stores them in fat cells. Studies indicate that most of us have between 400 and 800 chemical residues in our body. As toxins accumulate, they cause problems for many of us.

Here are a few benefits that you can receive from the infra red sauna:

DETOXIFICATION

The Far Infrared Sauna is recognized worldwide by medical doctors and health practitioners as one of the most effective methods to safely remove chemicals and heavy metals from the body.

PAIN RELIEF

By dilating blood vessels, infrared heat increases blood circulation to injured areas, speeding up the healing process and relieving pain.

ENHANCED IMMUNE HEALTH

Each far infrared session causes a brief, beneficial increase in body temperature, which improves immune system health by boosting production of infection-fighting white blood cells and killer T-cells.

IMPROVED CARDIOVASCULAR CONDITIONING

Medical research shows that regular use of an Infrared Sauna may be as effective for cardiovascular conditioning as exercise. As the body heats up, it cools itself by sending blood from the internal organs to the extremities and the skin, thus increasing heart rate, cardiac output and metabolic rate.

STRESS RELIEF

High daily stress levels put constant strain on the body's nervous system and can contribute to chronic disease. Our Infrared Sauna helps to reduce physical stress by boosting circulation and triggering the production of endorphins, the "feel good" hormones. It also will assist with your sleeping pattern. You will be able to achieve deeper sleep.

WEIGHT & CELLULITE CONTROL

Toxins can play a significant role in preventing us from losing weight as well as gaining weight. Those wishing to lose weight should note that the cardiovascular effect from a single Infrared Sauna session burns as many as 600 calories. The sauna is also quite effective at dealing with cellulite when combined with massage therapy and nutrition.

RHEUMATOID ARTHRITIS

A pilot study of patients with rheumatoid arthritis and ankylosing spondylitis showed a reduction in pain, stiffness and fatigue during infrared sauna therapy

ARE YOU TOXIC?

Doctors have used the far infrared sauna for:

- Combating toxic Overload
- Heavy metal Poisoning
- Pain Relief
- Fibromyalgia
- Chronic Fatigue
- Rheumatoid Arthritis
- Anxiety and Depression
- Weight control and Cellulite Removal
- Detoxification before/after Chemotherapy
- Stress Management
- Brain fog

HOW DOES FAR INFRARED WORK?

Far infrared waves are a part of natural light that we cannot see, but feel as heat.

Unlike the high heat produced in traditional saunas, this wave penetrates up to 2 inches deep, and heats from the inside out.

The sauna stimulates our own natural infrared energy levels, encouraging a slight rise in body temperature that boosts our natural detoxification process. Toxins are released from cells and excreted in sweat.

USING THE SAUNA

To make an appointment call: (252) 247-9642.

Before your first appointment, please

- Download the [Sauna Registration Form](#)
- Read [Using the Sauna](#)