



# Infrared Therapy Health Benefits

## DETOXIFICATION

**Detox from a Sunlighten™ 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 Sunlighten sauna, the average person sweats out 20% toxins and 80% water!

## PAIN RELIEF

**Relieve back, neck, and arthritis pain with infrared sauna heat therapy.** Researchers studying HRP (Heat Responsive Pain) have observed remarkable therapeutic benefits by using continuous low level heat therapy for treating lower back and upper body pain, all conditions that fall under the HRP classification.

## WEIGHT LOSS

**A 30 minute infrared sauna session can burn 200-600 calories!** As the body works to cool itself while using an infrared sauna, there is a substantial increase in heart rate, cardiac output and metabolic rate. Sunlighten's infrared heat therapy raises core body temperature, causing passive cardiovascular conditioning. Your body's natural response to infrared heat therapy is to increase circulation and sweat. Check out the results with our heart rate monitor and you will be amazed!

## REDUCED BLOOD PRESSURE

**Our Solocarbon® heaters were used in a clinical study with the University of Missouri Kansas City in 2005 and were shown to lower blood pressure from a 30 minute sauna session three times a week.** Repeated infrared treatment improves impaired blood vessel functions in patients with high blood pressure. This suggests a preventive role for sauna use for arteriosclerosis.

## IMPROVED CIRCULATION

**Heating of muscles with infrared produces an increased blood flow level similar to that seen during exercise.** Body temperature elevation also produces an increase in blood flow. The increased peripheral circulation provides the transport needed to help reduce inflammation, decrease pain and speed healing.

## SKIN PURIFICATION

**Improve your skin's appearance with regular use of a Sunlighten sauna.** Open wounds heal quicker with reduced scarring. Infrared heat therapy helps acne, eczema, psoriasis, burns and 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 burns heal significantly.

