

BENEFITS OF FAR INFRARED (FIR) SAUNA THERAPY

Far infrared (FIR) sauna therapy is much gentler than traditional sauna therapy. The units operate at a lower temperature, and heat is able to penetrate the skin more deeply, reaching deeper tissues, organs, and inducing two to three times as much sweat as a traditional sauna. The lower temperature allows you to sit and enjoy the benefits of the sauna for a longer time.

Our far infrared sauna is very safe, easy to use, and is a great way to improve your health. We chose to use a SaunaRay unit for many reasons - they are 100% made in Canada with sustainably grown Canadian basswood, utilize safe materials that do not give off any toxic gases, and have a very low electromagnetic field (EMF) output (unlike many other saunas). They are therefore the best saunas for anyone with environmental or chemical sensitivities.

There are many natural health benefits to using far infrared sauna therapy.

Far infrared sauna therapy can:

- alleviate pain
- alleviate sleep and energy problems
- aid detoxification
- help reduce stress levels
- improve cardiovascular function
- increase immune function
- increase your metabolic rate enough to produce a sweat, which will help you detoxify and lose weight
- speed tissue healing

Far infrared sauna therapy may be helpful for:

- symptoms of chronic pain (e.g. arthritis, fibromyalgia)
- some skin conditions
- immune system disorders
- assisting in weight loss

The Himalayan salt panels installed in the sauna also provide the added benefit of producing negative ions when heated, which have the ability to combat the effects of free radicals, while producing a surprisingly relaxing sensation. Much like the feeling you get at the ocean, or immediately following a storm, air charged with negative ions can help to promote higher energy levels and positive mood. In addition, heat is generated using ceramic infrared heating elements, which mimic the heat reflected by beach sand into the ocean and further supports a feeling of calm relaxation.