

Sunlighten Infrared Sauna Health Benefits

**Infrared Sauna Detoxification**

Sweating is good for you. It is the body’s safe and natural way to heal and stay healthy. Sunlighten far infrared sauna detoxification happens by heating the body directly, causing a rise in core temperature. This results in a deep, detoxifying sweat at the cellular level, where toxins reside.

"Detoxification is important because it strengthens the body’s immune system and helps the body’s biochemical processes function efficiently so that we are better able to digest the nutrients in our foods. Detoxification has also been shown to be helpful with colitis, chronic fatigue, fibromyalgia, auto-immune disease, immune deficiency states, autism, ADD and ADHD." -Dr. Rachel West

**Infrared Sauna Relaxation**

Sunlighten saunas have been designed with the utmost in comfort for greater relaxation and stress reduction. Unlike traditional saunas which operate at extremely harsh temperatures, infrared is a gentle, soothing and therapeutic heat that promotes relaxation and improved sleep. Infrared sauna benefits include therapy that helps you relax while receiving an invigorating deep-tissue sweat, leaving you fully refreshed after each session.

**Infrared Sauna Weight Loss**

In the mood to lose weight? Sunlighten can help. Our infrared saunas promote weight loss by detoxifying the body and burning calories while you relax in total comfort. Studies have shown that benefits of an infrared sauna session can burn upwards of 600 calories while you relax! As the body works to cool itself, there is a substantial increase in heart rate, cardiac output and metabolic rate, causing the body to burn more calories. Let us introduce the Sunlighten brand of weight training: sauna weight loss.

**Infrared Sauna Pain Relief**

One of the most compelling reasons to purchase a Sunlighten sauna is the natural pain relief associated with infrared sauna therapy.

Infrared sauna heat penetrates tissue, joints and muscles to relieve anything from minor aches and pains to chronic pain conditions such as fibromyalgia. Pain management professionals incorporate infrared sauna heat therapy into treatment plans to decrease pain and muscle spasms and to speed up recovery time.

**Infrared Sauna Blood Pressure Reduction**

Only Sunlighten saunas are backed by clinical research that shows a reduction in systolic and diastolic blood pressure. Both are key factors in maintaining a healthy heart. Sunlighten infrared saunas induce a deep sweat to make the heart pump faster, which in turn increases blood flow, lowers blood pressure and helps circulation. Scientific evidence shows the infrared sauna benefits using a Sunlighten infrared sauna a couple times a week lowers blood pressure.

**Improved Circulation from Infrared Sauna Therapy**

Owning and using a Sunlighten sauna for infrared therapy is like giving yourself a passive cardio workout – whenever you need it! Heating the muscles with infrared rays produces an increase in blood flow similar to that seen during exercise. Regular infrared sauna use – especially in the mid infrared range – can significantly stimulate blood flow up to twice the normal rate.

**Infrared Sauna Skin Purification**

As part of a sauna skin therapy program, Sunlighten infrared saunas help restore skin to a youthful appearance. Our saunas are designed so that the skin on your entire body – from face to feet – will benefit from a sauna therapy session. The near infrared wavelengths are the most effective wavelengths for healing the epidermis and dermis layers of the skin. Near infrared treatments stimulate collagen production to reduce wrinkles and improve overall skin tone. Far infrared wavelengths target deeper down, removing toxins that can have a negative impact on your skin.

**Infrared Sauna Wound Healing**

Our advanced Solocarbon Full Spectrum infrared heating technology has the unique ability to heal wounds faster and minimize scarring through the use of near infrared LEDs. No other sauna can offer these health benefits. Scientific research has concluded that near infrared therapy greatly enhances the skin’s healing process by promoting faster cell regeneration and human tissue growth. Human cell growth increases to repair wounds and prevent infection.

**Cell Health, Muscle Recovery & Immunity**

Stay healthy with the natural preventive properties of Sunlighten’s exclusive near, mid, and far infrared heat therapy technology, which aid in cell health, muscle recovery and overall immunity defense. Near infrared light therapy stimulates the circulatory system and more fully oxygenates the body’s cells. Better blood circulation means more toxins flow from the cellular level to the skin’s surface to improve cell health, aid in muscle recovery and strengthen the immune system.

**What is the Difference Between Near and Far Infrared?**

To begin with, infrared heat is the invisible part of the sun’s spectrum, which has the ability to gently and comfortably penetrate human tissue to produce a host of health benefits like boosting your immune system. Naturally occurring from the sun, it is the basis for all Sunlighten™ saunas. Infrared light also comes in several forms. Each form offers unique wellness perks that together provide a holistic approach to better mind and body. Learn about how near infrared differs from far infrared, and how each benefit you.

**Near Infrared**

Near infrared technology used in Sunlighten Infrared Saunas is similar to the infrared used in cosmetic and healing devices. The LED technology we use allows our heaters to produce consistent near infrared without extreme heat or light, making it a safe option for near infrared use. Near infrared waves have a shorter frequency range and penetrate the epidermis layer of the skin. This is how near-infrared is able to impact your body at the cellular level, encouraging tissue growth, speeding up muscle recovery and strengthening your immune system.

**Far Infrared**

Because far infrared sauna therapy heats the body directly rather than simply warming the air, it raises the core body temperature and produces a deep, detoxifying sweat at the cellular level, where most toxins reside. Your sweat then pushes out the toxins, cleansing your body and rejuvenating your skin. Far infrared also aids in blood pressure reduction and weight loss, along with a wide range of other health benefits



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