

Try it...1st visit FREE!

FAR INFRARED THERAPY HEALTH BENEFITS

DETOXIFICATION

Sweating is the body's safe and natural way to heal and stay healthy. Skin is the largest organ in the body and it plays a significant part in the detoxification process by releasing toxins that are stored under the skin.

Detox from a Sunlight 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 Sunlight Sauna, the average person sweats out 20% toxins and 80% water!

RELAXATION

Sunlight Saunas delivers the ultimate experience in relaxation.

PAIN RELIEF

Relieve back, neck, and arthritis pain with far infrared heat therapy.

Assist in the reduction of swelling and inflammation by improving lymph flow.

WEIGHT LOSS

Burn Calories in a 30 Minute Sunlight Sauna Session. It's a great addition to any workout or weight loss plan.

A 30 minute far infrared sauna session can burn up to 200-600 calories!

LOWERS BLOOD PRESSURE

Sunlight Saunas were shown in a clinical study to lower blood pressure with repeated use.

Sunlight Saunas 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.

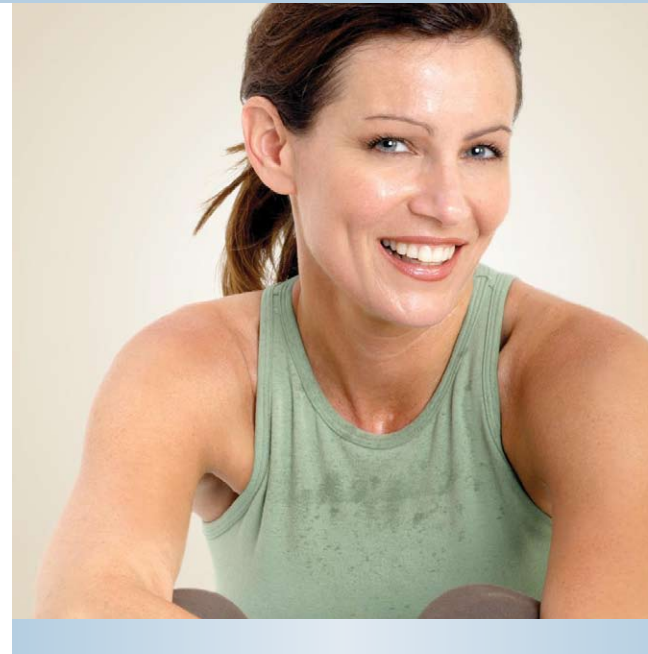
BLOOD CIRCULATION

Heating of muscles produces an increased blood flow level similar to that seen during exercise.

SKIN PURIFICATION

Now you can have your very own personal spa. Far infrared therapy is excellent for healthy glowing skin.

Open wounds heal quicker with reduced scarring. Far infrared heat therapy helps acne, eczema, psoriasis, burns and any 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.



THE FAR-INFRARED DIFFERENCE

Your body is heated directly with an invisible wavelength of light known as Far-infrared heat. Steam saunas rely on superheating the water molecules surrounding the body so the temperatures are much higher and often unbearable by many people.

Far infrared saunas increase the body's core temperature thus resulting in a much deeper, more detoxifying sweat from the cellular level of the skin where many toxins are housed.



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