



Infrared Sauna

Your **Lazy**
Way to Perfect
HEALTH

Sauna therapy has been around for thousands and thousands of years. People have taken saunas throughout the centuries to cleanse and detoxify their bodies from the inside out. Historically, the Finnish people were the first practitioners of a sauna and made it a proven way to become more healthy and good-looking. Despite undergoing so many evolutions, the basic principle behind sauna therapy has been the same: inducing increased sweating and relaxation.

Infrared sauna therapy is another way to apply this type of therapy, but it has other benefits traditional sauna therapy cannot provide. Though Infrared Saunas have been around for a while globally, but now they are also creating their presence in India to offer a completely new detoxification and wellness experience.



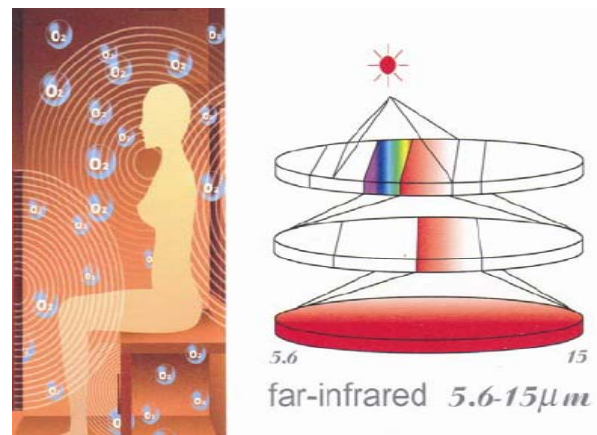
An **Infrared Sauna** today is associated with a healthy lifestyle and traditional medicine. An Infrared Sauna is essentially a small heated wooden room with ceramic infrared heaters installed inside along with additional features like FM/CD players, oxygen ionizer, Cup and Magazine Holders along with a glass door, reading light and proper ventilation provision. Since, an infrared sauna requires very less space, consumes very little power and requires no maintenance, the concept of a personal-spa at home has now become a reality. Sweating in a sauna at home is just simpler – you don't have to go out, you can multitask while taking a sauna (reading newspaper or magazines, having your daily morning tea, listening to music) and you can do it any time you want. Infrared Saunas are soon becoming a daily lifestyle product.

Importance of Infrared Sauna in Today's Busy Lifestyle

Busy lifestyles and chaotic work patterns have left individuals with very little time for their health. Due to lack of proper attention towards health needs, stress levels have increased and individuals have become more prone to health complaints like diabetes, high blood pressure, body

pain and stiffness, obesity, early ageing etc. A wise person will always find a possibility to reconsider his schedule and afford some time to wellness exercises, part of which is represented by Infrared Saunas. Taking care of your health has never been easier. Taking the time to relax, in a sauna, will do wonders for stress and fatigue. And more importantly, it is completely safe!

How does Far Infrared Energy Used for Healing Purposes?



Far-infrared radiation (FIR) heat is a completely safe form of naturally occurring energy that heats objects by direct light conversion. Direct light conversion warms only the object and does not raise the temperature of the surrounding free air. The Far Infrared heat dilates blood vessels, which

improves circulation and allows more oxygen to reach injured areas resulting in pain relief. Using the box will give you a cardiovascular workout, increasing your heart rate, and is especially useful for heart patients who are not capable of taking part in vigorous exercise. They are used to treat a number of ailments, and diseases including weight loss (burns 600 calories in a 30 minute session). Far Infrared is a natural form of light energy that is safest of the rays. It should not be confused with harmful ultraviolet radiation. Unlike UV rays, FIR will not sunburn or damage the skin or tissues below it.

How are Infrared Saunas better than traditional Heat Saunas?

An especially popular benefit of an infrared sauna is its home friendly characteristics. Infrared saunas are much cheaper than their bulky cousins. Because of the type of heater used, infrared saunas are much cooler than traditional ones. While conventional saunas can reach temperatures up to 80-85⁰ C, infrared saunas operate at a more comfortable level (45-55⁰ C). Even so, they still allow the sauna user to “sweat” just as if they are utilizing a conventional

steam or hot air-based sauna bath. Infrared Rays penetrate between 1.5 to 2 inches inside the body which induces more effective sweating. The lower temperatures make the Royale Far Infrared Sauna available to people with circulatory problems that would not otherwise be able to use traditional sauna, or anyone who finds a regular sauna too hot. An infrared sauna also proves easy on your monthly electricity bill and requires absolutely no maintenance.

The biggest reason for the favorability of Infrared Saunas is their overall health benefits, lightweight portability, no maintenance, and overall cost-efficiency. Infrared Sauna is available in India with **Doodle Powel** Its time to start using Infrared Saunas to re-energize, recharge, de-stress and detoxify your mind, body and soul.



health benefits of an infrared sauna

Better Circulation and Increased Energy



The sauna emits FIR energy that is absorbed by human cells, causing a physical phenomenon called "resonance". Thus the cellular activities are instantly invigorated, resulting in a better blood circulation and an overall improved metabolism.

Weight Loss Aid



FIR Sauna heat therapy can aid in weight loss by speeding up the metabolic process of vital organs and endocrine glands resulting in substantial caloric loss in a sauna heat session.

Maintain Cardiovascular Health



The FIR Sauna increases heart rate and blood circulation, crucial to maintaining one's health. The heart rate increases as more blood flow is diverted from the inner organs towards the extremities of the skin, without heightening blood pressure.

Speed Recovery from Injuries



For injuries, FIR generated heat stimulates vasodilatation of peripheral blood vessels, bringing oxygen to joints and extremities, speeding the healing of sprains and strains, thus relieving pain and reducing the time it takes the human body to recover from an injury.

Detoxification



The quicker metabolic rate causes extra toxic waste products to be purged from the body through the skin, during perspiration. The skin is often referred to as the 3rd kidney, because it is believed to be responsible for eliminating 30% of the body's waste.

Stress Reduction & Relaxation



FIR Sauna heat treatment before a massage also helps prepare a client by creating an overall relaxing effect. It loosens the muscle tissue so the therapist can do a more thorough and effective massage.

Skin Beauty



For that sought after healthy glow, FIR Sauna heat therapy allows increased blood circulation to carry great amounts of nutrients to the skin, thus promoting healthy tone and texture. A FIR Sauna heat bath also provides a mild cleansing of the skin.

Improved Immune System



The infrared sauna's deep heat raises your body temperature, inducing an artificial fever. This enhanced immune system, combined with improved elimination of toxins and wastes via intense sweating, increases your overall health and resistance to disease.