



SAUNAS

# The Numerous Health Benefits of Jacuzzi® Infrared Saunas

While we manufacture high quality sauna cabins, infrared therapy is our main focus. Infrared heat and light penetrates your skin and will warm your body directly. Infrared is all around us and provides numerous health benefits. It's so safe and therapeutic, it is used in hospitals to keep babies warm and used therapeutically for people with Lyme Disease, High Blood Pressure, Detoxification and Arthritis among many other conditions.



## Infrared saunas also help with:

- ✓ Detoxification
- ✓ Stress and fatigue
- ✓ Muscle aches, stiffness and joint-relief
- ✓ Weight loss and increased metabolism
- ✓ Immune system boost
- ✓ Skin conditions
- ✓ Cellulite
- ✓ Heart health
- ✓ Diabetes support

### Detoxification

Daily sauna sweating can help detoxify your body as it rids itself of accumulated toxic heavy metals. At low temperature, infrared will penetrate the body's fat cells to expel what has built-up over time. (lose lead all the way to inorganic compounds.)

### Stress and fatigue reduction

A few minutes in the gentle warmth of an infrared sauna will help you feel relaxed, rejuvenated and renewed. They also affect the autonomic nervous system putting you in the parasympathetic (rest and digest) state allowing your body to heal.

### Muscle aches, stiffness and joint pain

Infrared heat can relieve inflammation, stiffness and soreness by increasing blood circulation to relax your muscles. It is also effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, and many other muscular-skeletal ailments.

### Weight loss and increased metabolism

The Journal of the American Medical Association has mentioned that regular use of a sauna imparts a similar boost on the cardiovascular system to running. As you relax in the gentle infrared heat, your body is hard at work producing sweat, pumping blood and burning calories. A 30-minute session can burn somewhere between 250 calories or more.

### Immune system boost

The penetrating infrared wavelengths from our True Wave™ Far Infrared and Full spectrum heaters will raise your core body temperature, inducing an artificial fever. Fever is the body's natural mechanism to strengthen and accelerate the immune response, as seen in the case of infection.

### Skin conditions

The profuse sweating achieved after a few minutes in an infrared sauna removes embedded impurities and dead skin cells, leaving the skin glowing and clean. Increased circulation draws your skin's own natural nutrients to the surface.

### Appearance of cellulite

Since the infrared radiant heat of a Jacuzzi® infrared sauna warms three times as deep as conventional saunas, it is significantly more effective at reducing cellulite. There is a direct link between the slowing of metabolic rates and the storage of toxins in fat cells.

### Heart health

The Department of Family Practice at the University of British Columbia, found that infrared sauna therapy can help keep blood pressure normal, lower cholesterol levels, reduce chronic pain, and treat issues such as congestive heart failure.

Note: <http://undergroundhealthreporter.com/infrared-saunas-improve-health/>

### Diabetes Support

Much has been written about how infrared sauna therapy can aid and support those managing diabetes because it offers healing activities to help lower side effects. Working simultaneously, these activities include:

- Improved pain threshold
- Toxic elimination
- Improved circulation
- Internal organ cleanse

For more information:  
[infraredsauna.com](http://infraredsauna.com)  
(800) 798-1779

Jacuzzi® infrared saunas are are thoughtfully designed products to promote physical and emotional well-being for people with various health conditions.