

Benefits of Infrared Sauna

Detoxification for Your Whole Body: Far infrared sauna therapy is one of the safest and most efficient detoxification methods for expelling harmful environmental toxins, insoluble chemical residues and dangerous heavy metals from the human body. Whole body detoxification is one of the cornerstones of responsible family health maintenance.

Pain Relief: Real, lasting relief for nerve damage, arthritis, muscle pain, carpal tunnel, joint pain and fibromyalgia. No pills, potions or lotions required! Infrared sauna heat penetrates directly to the source of your pain to heal and soothe naturally.

Healing Power of Infrared: Reduce the healing time for damaged tissues, muscles, tendons, ligaments and nerve endings, increase blood circulation and vasodilation of blood vessels. Speed beneficial nitric oxide and healing oxygen to the distressed areas, while removing toxins and lactic acid. Enhanced cell regeneration will give you more energy, stamina and mental clarity.

Fibromyalgia: Sufferers of Fibromyalgia Syndrome (FMS) often complain that they hurt all over during a flare up. That's because FMS literally attacks the muscles, tendons, and fibrous tissues of the body. While its precise cause is not known, many medical professionals, believe that far infrared sauna use offers a promising treatment.