

Far Infrared Sauna Therapy

Using a far infrared home sauna on a regular basis has proven extremely valuable for detoxification. Detoxification is very important because we live in a toxic world.

Detoxification Benefits:

- Removes all toxins, not just heavy metals.
- Removes all toxins, even those without a liver detoxification pathway.
- Sweating by-passes the liver and kidneys, thereby reducing stress of these organs.
- Reduces the need for conjugates (intermediary toxins from liver detoxification).

Why use Far Infrared?

- Better detox than steam or traditional dry sauna.
- Deeper tissue penetration.
- Safe for all ages.
- Softer radiant heat source.
- More gentle on the skin.
- Faster warm-up time.
- Less maintenance.
- Less energy usage.

Additional FIR Health Benefits:

- Relieves muscle and joint pain and stiffness.
- Stimulates better immune system function.
- Burns calories.
- Cardiovascular benefits of exercise.
- Increases blood flow.
- Improves metabolism.
- Improves skin texture.
- Reduces stress by activating the parasympathetic nervous system.

We can live healthy in a toxic world!