

INFRARED SAUNA



**COME IN OR
CALL FOR YOUR
SESSION NOW!**
619-239-LIFE (5433)

DETOXIFICATION & STRESS REDUCTION

BENEFITS OF INFRARED SAUNA

Burns calories and controls weight. Body is hard at work, producing sweat, pumping blood & burning calories. A single session: may burn as many calories as rowing or jogging for 30 minutes: lose weight - not just water, "can easily sweat off 500 gms. in sauna, consuming nearly 300 calories,"

RELIEVES PAIN

Helps peripheral blood vessels dilate and brings relief and healing to muscle and soft tissue injuries. Delivers oxygen-rich blood to muscles so they recover faster. Muscles relax when the tissues are warm, increasing flexibility and range of motion.

IMPROVES THE IMMUNE SYSTEM

Raises the body temperature and induces an artificial fever, thus the body's immune system is strengthened. Due to the elimination of toxins and wastes produced by the intense sweating, health and resistance to disease is increased.

INCREASES BLOOD CIRCULATION & STRENGTHENS THE CARDIOVASCULAR SYSTEM

Heart rate, cardiac output, and metabolic rate increase, while diastolic blood pressure drops, for improved overall cardiovascular fitness. Infrared sauna has also been shown to relieve acne, eczema, psoriasis, burns, lesions and cuts. In addition, open wounds heal more quickly, reducing scarring.

REMOVES TOXINS AND MINERAL WASTE

Increased blood circulation stimulates the sweat glands, releasing built-up toxins and waste. Regular sweating helps detoxify the body as it rids itself of an accumulation of heavy metals (lead, mercury, zinc, nickel, cadmium) as well as alcohol, nicotine, sodium, sulfuric acid and cholesterol.

EASES JOINT PAIN AND STIFFNESS

Widely used with patients suffering from arthritis. Proven effective with sprains, neuralgia, bursitis, muscle spasms, joint stiffness and other muscular-skeletal ailments, reducing stiffness, aches, and soreness.

REDUCES STRESS AND FATIGUE

Infrared sauna offers simple relaxation, melting away stress and tension. It gives an overall massaging effect, soothing nerves as well as knotted, tense muscles. Helps one feel rejuvenated & renewed.

IMPROVES SKIN

Profuse sweating carries off deeply imbedded impurities and dead skin cells, leaving the skin glowing and immaculately clean, with improved tone, elasticity, and texture.



LotusRain
NATUROPATHIC CLINIC

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