

Far Infrared Sauna

Infrared refers to the electromagnetic waves that fall between visible light waves and microwaves. Depending on the wavelength, infrared can be further divided into short-range, mid-range, and far-range waves. The far-range wave has the longest wavelength and the highest efficiency among the three. In fact, the far-range wave provides multiple health benefits to the human body. Infrared heat provides all the healthy benefits of natural sunlight without any of the dangerous effects of solar radiation. Infrared heat is used in incubators in hospitals, to keep new born babies healthy, warm and comfortable.

According to the author of 'Detoxify or Die', Dr. Sherry A. Rogers, sweat is the **ONLY** proven method for getting the most damaging toxins/ chemicals out of the body- Nothing else works! In addition she indicates that, it also kills unwanted organisms like bacteria and parasites. The Far Infrared Sauna offers safe, comfortable, dry, low temperature heat to help remove toxins and reverse the true underlying causes of disease.

Lenson saunas operate at lower, more comfortable temperatures, yet produce two to three times the amount of sweat compared to traditional saunas. The human body directly absorbs as much as 93% of the heat generated by an infrared sauna.

Step into the next generation of saunas! Now the whole family can benefit from the infrared sauna every day. You will be surprised by the noticeable effect our Infrared Saunas have on your general health & well being!

Benefits of Infrared Heat

- Removes Toxins and Mineral Waste
- Simply Relaxing
- Improves Skin Tone
- Burns Calories and Controls Weight
- Reduces Stress & Fatigue
- Eases joint/Muscle Pain & Stiffness
- Improves the Immune System
- Increases Blood Circulation Strengthens the Cardiovascular System Helps Clear Cellulite
- Effective at Low Temperatures

Controls Weight

As you relax in the gentle heat of the far-infrared sauna, your body works to produce sweat, circulate blood and burn calories. At 110°F (43°C), stored fat is broken down and becomes soluble. In a single 30 minute session, you can burn up to 600 calories!

Improves Skin

Excessive sweating is achieved after just a few minutes in the infrared sauna. This helps to carry off deeply imbedded impurities, expel dirt, chemicals and slough off dead skin cells from the body's surface. The skin is therefore softer, radiant and immaculately clean. Increased circulation draws your skin's own natural nutrients to the surface. You will see improved tone, elasticity, texture and fresh color. Increased blood circulation has also been shown to relieve acne, eczema, and psoriasis. In addition, wounds heal more quickly, reducing scarring.

Removes Toxins

The body naturally eliminates stored toxins through sweating. Increased blood circulation stimulates the sweat glands further, helping to release even more built up toxins and waste. Daily sweating can help detoxify your body, as it rids itself of the accumulated carcinogenic heavy metals like lead, mercury, zinc, nickel and cadmium. As well, alcohol, nicotine, sodium, sulfuric acid and cholesterol are eliminated. Heat therapy effectively speeds up the body's natural ability to remove these toxins for improved overall health.

Relieves Pain

The deep heat of our infrared saunas, helps peripheral blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries. Increased blood supply to oxygen-depleted tissues helps reduce pain and speeds up the healing process. When tissue is warm, the muscle is more relaxed, which results in greater flexibility and range of motion.