



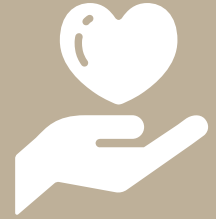
BENEFITS of Infrared Sauna

Mental Edition

Reduce Anxiety/Depressions

Researchers have found that Infrared sauna sessions will boost mood and alleviate anxiety/depression, primarily through lowering the stress hormone Cortisol levels.

Furthermore, because the brain produces and releases more Dopamine and Beta-Endorphins (happy chemicals) to deal with the sauna heat, the session can also leave you with a euphoric reaction. If you can use a sauna regularly, you'll be able to see the emotional benefits accumulate over time.



Recommendation: 50-55°C (35min - 50min)



Improve Sleep

After raising your body temperature, your body will automatically re-adjust your temperature. During this cool-down process, your brain perceives safety from the temperature/heat shock response. So Adrenaline won't be released into the bloodstream; your body lowers blood pressure and heart rate. Those mechanisms will easily lull you off to sleep. Additionally, your brainwaves will be led from Beta to Theta which referred as a state of deep sleep.

Recommendation: 40-55°C (35min - 50min)

Increase Attention, Focus (Helps symptoms of ADHD, Dementia)

Sauna session significantly increases norepinephrine levels (a hormone that supports focus, attention). Also, helps the growth of new brain cells (crucial to improve brain function, memory). It reduce risk of Dementia and Neurodegenerative Disease. Researchers believe that sauna should be considered as an alternative treatment since medications that increase the reuptake of norepinephrine are prescribed for ADHD patients.



Recommendation: 48°C - 53°C (35min - 50min)



BENEFITS of Infrared Sauna

Physical Edition



Weight Loss

You can call Sauna Session “Passive Cardio”. Because your heart rate will rise in a similar way to exercise and increase metabolism, the higher temperatures can lead heart rates to levels often achieved by doing moderate to intense workouts. You can burn roughly 600 calories in a 30-minute Sauna. But remember, you’ll need to consider what you eat after the Sauna to double up the result.

Recomendtion: 55-70°C (25min - 50min)

Muscle Recovery

Infrared heat will help reduce muscle breakdown and increase muscle building. When muscles experience heat/increase blood circulation, there will be heat shock response (HSR) which increases a family of cellular proteins that bring the correct assembly back. Which means reduce inflammation, relaxes muscles and detoxify stressors such as Heavy Metals, BPA, PCB’s and other toxins.



Recomendation: 40-45°C (20min - 30min)



Pain Relief (Helps symptoms of Fibromyalgia, Chronic fatigue syndrome, Rheumatoid Arthritis)

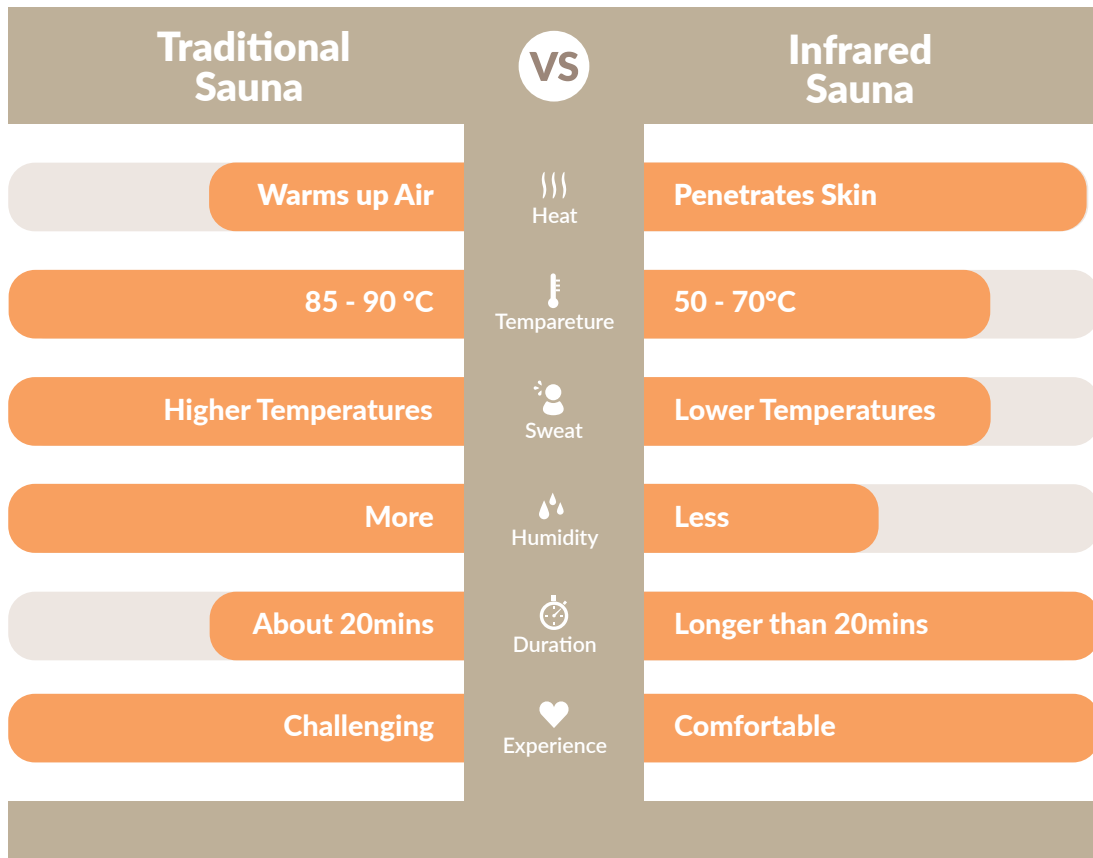
Any cause of your pain can be helped by infrared saunas. Infrared heat penetrates into sore muscles and joints, remove Lactic Acids while increasing the flow of nutrients such as Glucose, Amino acids, Fatty acids, and Oxygen. By having good blood circulation to bring down inflammation throughout the whole body.

Recomendation: 50-55°C (30min - 45min)

Comparison



BENEFITS of
Infrared Sauna

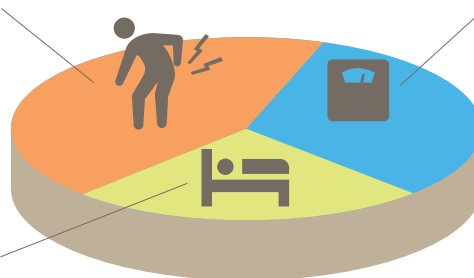


Why does everyone use Sauna?

40% of Sauna Clients choose to use the sauna to Reduce Pain

30% of Sauna Clients choose to use the sauna to assist Weight Loss

27% of Sauna Clients choose to use the sauna to assist help with Sleep



*This database is from iHealth Sauna (<https://ihealthsaunas.com.au>). Sensu Spa use their product.

Combine Treatments



BENEFITS of
Infrared Sauna

Float after Infrared Sauna

This combination will promote more profound relaxation in your mind. When you have Sauna before the Float session, your mental state is already experiencing relaxation. It prepares your mind to fall into your Theta brainwave state, which known as meditative states/altered states of consciousness where we usually have during deep sleep. Sauna can enhance your float experience to the next level.



Massage after Infrared Sauna

When you have a Sauna session before Massage, your muscle tissues are already loosened by warming up. That way, your body can receive massage treatment deeply. This is an excellent way to address knots and tight spots, especially if you do not like firm massage pressure but want to combat these spots. After the treatment, drinking plenty of water will add extra benefits – you can hydrate and flush out the toxins.



How many sessions per week?

While the general recommendation is 3-4 times a week to obtain a long-lasting result in the cardiovascular system or steady mental benefits, the following list is minimum goals classified by different benefits.

- Pain Relief ... 1 to 2 times
- Improve Athletic Performance ... 2 times
- Detoxification, Improve Blood Pressure ... 2 to 3 times
- Weight Loss, Improve Skin Condition ... 3 times

*Please note that excessive sessions may cause the opposite effect. This is a suggestion based on reaserches. Find your comfortable routine/session duration as you go.

Reference



BENEFITS of
Infrared Sauna

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