



THE FAR-INFRARED DIFFERENCE

Your body is heated directly with an invisible wavelength of light known as Far-infrared heat. Steam saunas rely on superheating the water molecules surrounding the body so the temperatures are much higher and often unbearable by many people.

EXPERIENCE FAR INFRARED SAUNA THERAPY

1. Wear as little clothing as possible.
2. Use a towel to sit on and rest against.
3. Take a 30 minute session.
4. Drink 8 oz. of water before and after your session.

Feature	Sunlighten™ sauna	Hot Rock or conventional sauna
Proven Benefits	pain relief, detoxification, increased circulation, weight loss, lowered blood pressure and cholesterol, cellulite removal	no data
Maintenance	nominal	Extensive
Mold and Mildew	No	Yes
Warm-up Time	20 to 25 minutes	45 minutes to an hour
Sweat Analysis	80% water, 20% toxins	97% water, 3% toxins
Fresh Air Circulation	allowed	disallowed
Assembly Time	less than an hour	days or weeks
Medical Use	used by physicians	no data
Heat	dry, gentle, radiant	harsh, claustrophobic, humid
Stereo Music	am/fm cd player optional	disallowed
Portability	breaks down in minutes	permanent

SOURCES

- 1-“Therapeutic Heat and Cold,” 4th edition, ED. Justus F. Lehmann MD, Williams and Wilkins
- 2-Journal of American Medical Association. 1981.
- 3-“Repeated Thermal Therapy Improves Impaired Vascular Endothelial Function in Patients With Coronary Risk Factors,” Authors: Dr. Imamura, et.al, Kagoshima Japan. Publication and Date: Journal of the American College of Cardiology, 2001.
- 4-“Infrared Thermal System --A whole Body Therapy System” by Aaron M. Flickstein, MD

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DETOXIFY | RELIEVE PAIN | LOSE WEIGHT



sunlighten

empowering wellness

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FAR INFRARED Sauna Therapy

FAR INFRARED SAUNA THERAPY



WEIGHT LOSS

Increases cardiac output, heart rate and metabolism.²

Burn calories after your workout while relaxing for a 30 minute session. A Sunlighten sauna session will enhance your ability to meet your weight loss goals.

DETOXIFICATION

In one study performed by American researchers, the sweat of people using a conventional sauna was found to be 96% water while the sweat of those using an infrared sauna was 83% water with the non-water portion principally cholesterol, fat-soluble toxins, toxic heavy metals (such as mercury and aluminum), sulfuric acid, sodium, ammonia and uric acid. This unusually high concentration of heavy metals and other fat-soluble toxins is not found in the sweat from normal exercise.

RELAXATION

Sauna sessions are effective means of mitigating stress. Not managing stress is widely believed to be more dangerous than smoking or high cholesterol. A 20-year research study by the University of London found that unmanaged reactions to stress were a more dangerous risk factor for cancer and heart disease than either cigarette smoking or high cholesterol foods.

PAIN RELIEF

Studies have shown that infrared sauna assists in the reduction of inflammation and soreness through direct action on the free nerve endings.¹

SKIN PURIFICATION

Studies have shown that infrared sauna reduces cellulite, acne and fine wrinkles in women after consistent use over time.⁴

Sauna for Better Health.

Heating of muscles produces an increased blood flow level similar to that seen during exercise. Temperature elevation produces an increase in blood flow and dilation directly in capillaries, arterioles and venules.¹ As the body works to cool itself, there is a substantial increase in heart rate, cardiac output and metabolic rate. Blood flow during whole-body hyperthermia is reported to rise from a normal 5 to 7 quarts per minute to as much as 13 quarts per minute.²

Twenty five patients with were treated in an Infrared Sauna for 15 minutes once a day for 2 weeks. They significantly lowered blood pressure, lost weight, increased blood flow and lowered cholesterol.

Our personnel and customer service staff are fully trained on the latest research and health benefits of far infrared therapy. Everyone on our staff is a Specialist. To learn more visit www.sunlighten.com or call toll free **1.877.292.0020**.