

FIR SAUNA BLANKET (Lose 600 calories in 30 minutes!)

Skin Purification

Far-infrared sauna therapy improves blood flow and circulation to the skin, and through profuse sweating expels dirt, chemicals, and dead cells on the surface of the skin.

Pain Management

Deep heat from an Infrared Sauna Blanket penetrates as deep as 1.5" into skin, joints, and muscles. This deep heat helps blood vessels dilate bringing relief to sore muscles and soft tissue injuries.

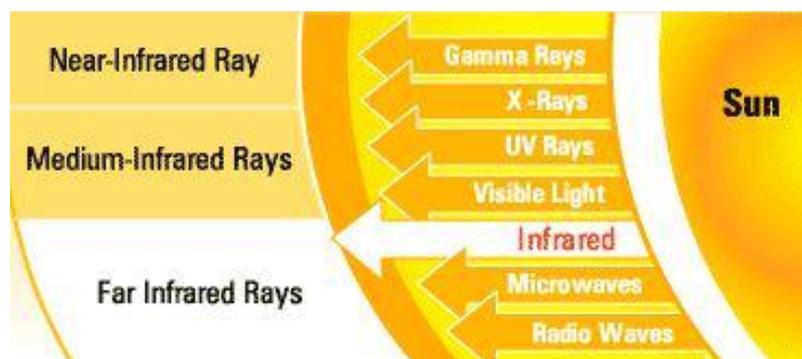
Weight Loss

Our Infrared Sauna Blanket far-infrared technology causes the core body temperature to rise which results in passive cardiovascular conditioning. To demonstrate this all that you need to do is wear a heart rate monitor during a session in an Infrared Sauna Blanket and you will be surprised by the results!

How it works

Infrared Sauna Blankets differ from traditional saunas in how the sauna user's body is heated. Traditional saunas use steam to heat the air, and then the increased air temperature heats the surface of the body. Our Infrared Sauna Blanket uses far-infrared radiant heat to directly heat the body's skin, tissue, and joints instead of relying on an increase in air temperature. As far-infrared technology heats your body directly and goes as deep as 1.5" which gives the technology its unique health benefits.

What is far-infrared radiant heat?



The easiest way to explain far-infrared is to imagine being on a beach on a partly cloudy day. Your body is soaking up the sun's rays and you are feeling warm, but all of a sudden a cloud covers the sun and you start to feel much cooler. What happened? The air temperature is the same, but you feel much cooler. The reason is that the cloud has blocked out the body heating far-infrared rays.

Is far-infrared safe?

Absolutely. The beauty of our far-infrared heaters is that they only produce far-infrared and not the entire spectrum of the sun's rays which can be harmful. Essentially you get the healing benefits of the sun, but without all the potential hazards of the full spectrum

Beauty Bed

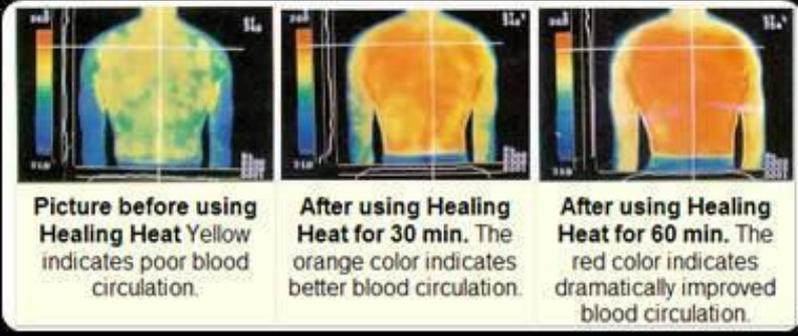
It can burn 600 calories in just one 30 minute session.

It helps for:

- Burn Calories & Weight Control
- Improved Muscle Tone and Strength
- Body Shaping
- Increased Energy levels
- Immune System Enhancement
- Rejuvenation
- Stress and Fatigue Reduction
- Clears Cellulite
- Control Diabetes

How does it work?

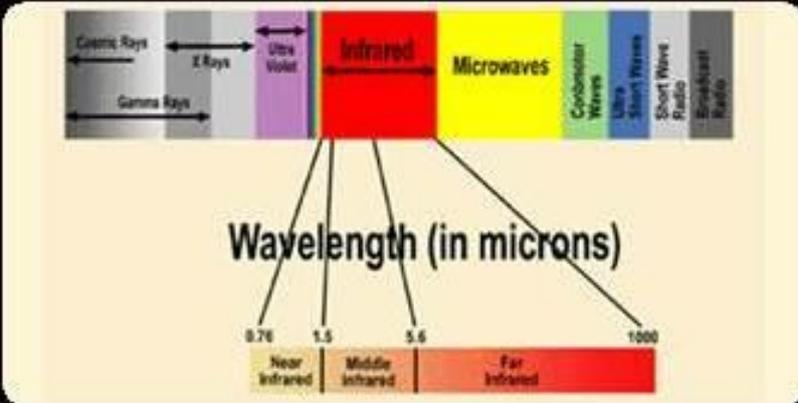
Our bodies radiate infrared energy through the skin at 3 to 50 microns, with most output at 9.4 microns. The Beauty Bed emits between 4-14 microns which matches so closely to the human body's radiant energy that our bodies take in close to 93% of the infrared waves that reach our skin. Therefore, rays have the ability to penetrate deeply (up to 3 inches) and permeate throughout the body.



Picture before using Healing Heat Yellow indicates poor blood circulation.

After using Healing Heat for 30 min. The orange color indicates better blood circulation.

After using Healing Heat for 60 min. The red color indicates dramatically improved blood circulation.



Wavelength (in microns)

0.76 1.5 5.6 1000

Near Infrared Middle Infrared Far Infrared

FIR Sauna Treatment

Far Infrared Rays are invisible light and the Far Infrared Energy is absorbed very easily by the human body and helps in all aspects of bodily growth and development. It is very healing and rejuvenating. It energizes the cells, inner tissues, glands, nerves and organs beneath the skin.

Among the total spectrum of solar rays coming from the sun, the Far Infrared Rays are the safest and the most beneficial. For example, the visible light spectrum, with very short wavelengths, is reflected away from the body. When near infrared (NIR) waves heat organic substances the surface gets hotter than the interior, and conduction from the surface heats the interior. By contrast, far-infrared penetrates deeply with a very uniform warming effect.

How Far Infrared Rays (FIR) Work

The FIR Sauna blanket is like a sleeping bag and have three FIR panels in them, the blanket is 100% FIR giving you a much more successful detox.

FIR stimulates cellular metabolism which increases the body's regenerative ability and helps restore the proper function of the nervous system. When any tissue in the body is exposed to FIR the body's healing processes are activated. FIR is capable of penetrating deep into the human body, gently expanding capillaries and stimulating blood circulation. So FIR stimulates the production of cell tissue and rapidly promotes the regeneration of skin and blood tissue.

Far Infra Red is known to help relieve chronic fatigue, stress, nervous tension, toxicity, arthritis, insomnia, rheumatism, pain, high cholesterol levels, diabetes, back problems,

muscle pain, abnormal nerve function, sports injuries, respiratory ailments, digestive disorders, poor circulation, viruses, and much more. It also helps the body with the excretion of harmful substances such as heavy metals, it stimulates enzyme activity in the body and reduces acidity. It aids detoxification, improves metabolism, boosts the immune system, eliminates waste from the body, improves lymph drainage, prevents the growth of bacteria and much more.

What are the benefits of Far Infrared Sauna?

Far Infrared benefits are immediate and amazing! Regular sports take time and always carry the risk of injury. While active exercise and balanced diet are excellent for good health, an equally good substitute – the amazing new Far Infrared Sauna – lets you stay healthy in pleasant and relaxing way. Soft, soothing Far Infrared heat helps receive the all round ‘training effect’ (30 minute FIR sauna = 10km run).

BEFORE TREATMENT: Cells are clumped together are not able to move freely or oxygenate correctly, indicating health problems.

AFTER TREATMENT: Cells are perfectly round in shape, separated and free from each other indicating healthy body.

- **Detoxification**
- **Increased Blood Circulation**

Our body reacts to the increased FIR heating through the natural cooling process of perspiring. Increased blood circulation stimulates the sweat glands, releasing built-up toxins and waste. Through the perspiration process, acid and waste residue like toxins, sodium, alcohol, nicotine, cholesterol, urea and the potentially carcinogenic heavy metals (mercury, zinc, lead, nickel, cadmium) are removed from the cells.

- **Cardiovascular Conditioning**
- **Lowers Blood Pressure**
- **Lowers Cholesterol**
- **Lowers Triglycerides**

The body responds to the deep heating effect of the FIR via a hypothalamic-induced increase in both heart volume and rate. As body increases sweat production to cool itself, the heart works harder pumping blood at a greater rate to boost circulation, supplying the conditioning benefits of a continuous exercise. Heart rate, cardiac output and metabolic rate increases, while diastolic blood pressure drops, for improved overall cardiovascular fitness. FIR saunas will provide overall, systematic treatment of muscles, joints, and body especially for areas often not regularly addressed through movement and exercising. ‘Passive exercise’ of FIR Saunas results in significant lowering of blood pressure, cholesterol and triglycerides

- **Burn Calories & Weight Control**
- **Improved Muscle Tone and Strength**
- **Body Shaping**
- **Increased Energy levels**

Although weight loss from perspiration is quickly regained by re-hydration with water, the FIR effect of sending more blood to the capillaries and converting fats results more than 600 calories burnt in just one 30 minute session – the equivalent of running 10–15 km. As our body expends energy to produce sweat (1gm. sweat requires 0.586 kcal), a moderately conditioned person can easily sweat off up to 1000 gm or more in a FIR sauna session.

Further, when heavy metals are reduced, the metabolic imbalances that were causing poor digestion and weight gain will be corrected. Also, lipophilic toxins stored in fat are decreased making it easier for weight loss.

Because fat becomes water soluble at 43°C, subcutaneous fat can be released along with the sweat and toxins. The FIR sauna is especially valuable system for those who do not exercise often.

Table showing calories burnt by a 70kg adult in thirty minutes of exercise:

SPORTS	CALORIES
Rowing (Peak effort)	600
Marathon Running	593
Swimming (Crawl)	300
Jogging	300
Tennis (fast game)	265
Cycling (10 mph)	225
Golfing (without cart)	150
Walking (3.5 mph)	150
Bowling	120

- **Immune System Enhancement**
- **Rejuvenation & Stress and Fatigue Reduction**
- **Reduce Cellulite**
- **Relieves Muscle Spasm, Body Pain, Joint Pain and Stiffness**
- **Treats Rheumatoid Arthritis**

Deep heating effect of the FIR sauna helps peripheral blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries. Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen depleted muscles, enabling them to recover faster. Muscles relax most readily when tissues are warm, for greater flexibility and range of motion.

FIR heat can easily help ease patients suffering from arthritis, sprains, neuralgia, bursitis, muscle spasm, lower back pain, joint stiffness and several other muscular-skeletal ailments. Much of the stiffness aches and soreness that comes with aging is reduced.

- **Skin Cleansing**

The increased heating causes pores of the skin to open up. The profuse sweating achieved within few minutes in an FIR sauna sweats off deeply imbedded impurities (dirt, oil and makeup) and dead skin cells, leaving the skin glowing and immaculately clean. Increased blood circulation draws the skin's own natural nutrients to the surface. Your skin will experience firmness, improved tone, elasticity, texture and colour.

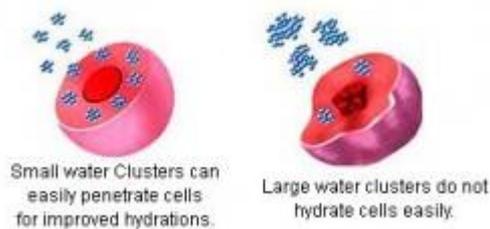
- **Helps regulate blood sugar levels**

FIR Therapy has been known to assist in the regulation of blood sugar. Diabetes is a disease that prevents our body to balance the use of glucose (energy) derived from the food we eat. Common symptoms of Diabetics are: Frequent urination, excessive thirst and hunger, nausea, weakness and fatigue. FIR rays can increase blood circulation to rejuvenate healthy

cellular functioning. Cells get a chance to flush out toxins and wastes and replace them with fresh oxygen and nutrients from the blood stream.

Other Benefits

Far Infrared Ray (FIR) makes cleansing toxins more efficient by breaking bigger and lifeless water molecule into smaller molecule cluster and is easier absorbed by our body cells & very effective in cleansing impurities and toxins from our body.



Smaller molecular clusters will penetrate into our cells easier. Because it matches the clustered water found inside and around our body cells. Small clusters are perfectly designed to interact with other molecules, to communicate using energetic vibrations, and to slip easily through cellular membranes to remove toxins and waste from our body. Negative ions are formed when water atomizes.

Infrared Heating Level benefits

- 30 to 35°C for stimulating blood circulation and relaxation
- 35 to 40°C for pain relief & muscle relaxation
- 40 to 50°C for physiotherapy e.g. for rheumatoid arthritis
- 50 to 60°C for increased sweating with high temperature