



# Infrared Sauna for Skin, Health, and Detoxification

- › Increase the metabolism, burn calories, and help you to lose weight
- › Relieve muscle and joint pain
- › Remove toxins and improve the immune system
- › Improve the appearance of cellulite
- › Reduce stress and fatigue
- › Improve the skin
- › Improve a poor circulation
- › Reduce depression and mood imbalances

## How Does It Work?

Kasia brings you the goodness of the healthy sun rays, while keeping away the harmful ones!

The sun is the primary source of radiant energy on earth, but not all of this energy is beneficial to us. Sunlight is a combination of visible light and invisible light. The seven colors of the rainbow are found in the visible light spectrum, and the invisible infrared rays and ultraviolet rays are found either side of the visible light spectrum. Ultraviolet rays are well-known for their ability to damage the skin, causing premature aging, sunburn and even cancer. In contrast, infrared rays are healthy, they penetrate into your skin deeply and dissolve harmful substances accumulated in your body. The infrared rays revitalize your cells and metabolism.

Far infrared waves provide a deep heating action, activating the sweat glands and providing an excellent mechanism for the elimination of toxins in perspiration.

Far infrared heat provides all of the healthy benefits of natural sunlight without any of the dangerous effects of ultraviolet solar radiation.

## **Increase the metabolism, burn calories, and help you to lose weight**

Far infrared saunas have been shown to assist in weight loss. Studies have shown that a 30-minute far infrared sauna session can burn 200-600 calories. This is in addition to the weight lost due to perspiration, which is mostly due to water loss and as such is quickly regained after the sauna session through drinking fluids.

The body has to work hard to cool itself back down after being in a far infrared sauna and this effort produces an increased heart rate and metabolism. It was reported in the Journal of the American Medical Association in August 1981 that the blood flow could double in such circumstances.

“Saunas are an important aid to weight loss and thyroid repair because as you lose weight, fat tissue releases stored toxins such as PCBs and pesticides.” Dr. Mark Hyman, author of *Ultrametabolism*

## **Relieve muscle and joint pain**

Far infrared saunas can provide relief to patients suffering from fibromyalgia, arthritis, and painful joints and muscles. Far infrared sauna therapy penetrates deeply into joints, muscles, and tissues, it increases the oxygen flow around the body and increases the circulation. Natural body healing with Sunlighten™ therapy can lead to a healthier lifestyle for you.

## **Remove toxins and improve the immune system**

Kassie, owner of Kasia Organic Salon, believes in removing daily toxins from our lifestyles. Toxins and heavy metals are found in our soils, personal care products, water supplies, and the air. They have a destructive influence on our normal homeostasis (the healthy function of our body), causing enzyme dysfunction, hormonal imbalances, and the weakening of our immune system. Many people do not realize that toxic overload of the body can produce these health problems.

Kassie coaches on and offers a 10 day cleanse/detox program. She stays up to speed on the latest research and health benefits derived from detoxification and has teamed up with Sunlighten™ so that guests can experience the health improvements offered by infrared saunas.

The benefits of detoxification with Sunlighten™ Solocarbon® heaters include decongested, brighter skin, an increased mental clarity, restored energy levels, fewer allergies, improved sleep, and a restored liver and immune function.

### ***How does this work?***

Essentially, far infrared rays cause water within the body to vibrate. Since the human body is approximately 70% water, this can have pronounced effect on our tissues:

1. The infrared heat energy penetrates deeply into the tissues, heating them and breaking down clusters of water molecules.
2. Toxins are then easily released.
3. The capillaries expand due to the extra heat, improving the circulation of the blood.
4. The body's metabolism is increased and the tissues are activated to produce needed enzymes.
5. Fat soluble chemicals are eliminated from the body through the sebaceous and sweat glands.

In a Sunlighten™ Sauna, the average person sweats out 20% toxins and 80% water! In conventional saunas the average person sweats out just 3% toxins and 97% water.

### **Improve the appearance of cellulite**

Cellulite gives skin a distinctive appearance, similar to an orange peel. It is made up of fat, water, and whatever waste products are trapped below the skin because of poor circulation. Infrared saunas can help to reduce the appearance of cellulite by heating the tissues under the skin and increasing the blood circulation, clearing the body of unwanted waste products and toxins.

### **Reduce stress and fatigue**

Far infrared saunas can assist in stress reduction and provide relief from chronic fatigue syndrome. Relaxation is more important to your health than most people realize. According to many health professionals – the more stressed you are, the more cortisol your body will produce. Cortisol is the “fight or flight” hormone made in the adrenal glands. It raises the heart rate, blood pressure, and encourages the deposit of any excess calories into the midsection of the torso.

The infrared sauna gives you the ultimate relaxation experience. The therapeutic far infrared heat triggers an invigorating deep tissue sweat, leaving you feeling completely mesmerized after every session. Additionally, scientific evidence shows that far infrared therapy can help the body to maintain healthy levels of cortisol. While cortisol levels may stay the same or rise slightly during a sauna session, they drop afterwards.

## **Improve the skin**

Infrared therapy has been shown to reduce inflammation and improve cell health. This means that wounds can heal quicker with reduced scarring and the effects of acne, eczema, psoriasis, burns and any skin lesions or cuts may be lessened. Far infrared therapy may help to reduce wrinkles and make the skin look radiant and firmer with improved skin tone and elasticity. It may also help to reduce cellulite trapped beneath the skin.

Natural infrared therapy can have amazing results in eczema and psoriasis treatment. Regular use of an infrared sauna not only helps to clean toxins from inside your body and lowers your stress levels (a proven trigger for both eczema and psoriasis), but also to control the skin inflammation. Infrared helps to eliminate the itching associated with eczema and psoriasis and then stimulates the healing processes of the skin. So you may be able to rid yourself of the risks associated with emollient creams, lubricating ointments and steroid creams that often cause thinning of the skin, acne-like breakouts, broken blood vessels, and stretch marks.

## **Improve a poor circulation**

Improve your circulation in conjunction with our recommended Kasia Apothecary Essential Oils and Jojoba blends to help flush out cellulite!

The problems of high blood pressure, heart disease and a poor circulation may be decreased through infrared sauna therapy. During a 15-30 minute sauna session, the heart rate increases by 50-75%, providing a similar metabolic result to that gained through physical exercise. Your blood vessels become more flexible and there is increased circulation to your extremities, the capillaries expand allowing your blood to circulate at an increased rate. Effective blood circulation is vital for the human body to operate correctly, bringing nutrients (from your food) and oxygen to all parts of the body, and taking away carbon dioxide and other waste products to be eliminated from the body.

## **Reduce depression and mood imbalances**

Far infrared heat therapy has been documented to boost the body's natural endorphins just as if it were exercising. These feelgood hormones and the release of stored up tension and stress by the body's muscles and tissues elevate your mood, leaving you uplifted and relaxed, both physically and mentally. This can be an effective aid in the treatment of depression and other mood imbalance conditions.

## **Psychological Benefits**

- \* reduced stress and anxiety
- \* increased creativity and intelligence
- \* reduced depression
- \* increased learning ability, moral reasoning and memory
- \* reduced irritability and moodiness
- \* feelings of vitality and rejuvenation
- \* increased emotional control
- \* increased self-esteem
- \* increased alertness
- \* improved relationships
- \* improved concentration

## **Physiological Benefits**

- \* may help lower blood pressure
  - \* prevented, slowed or controlled pain of chronic diseases
  - \* boosted immune system
  - \* lowered cholesterol levels
  - \* improved airflow, especially in those with asthma
  - \* younger biological age
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## **What do I do during an infrared sauna session?**

Be prepared to sweat. You will disrobe in our private room and lie comfortably within the far-infrared sauna dome. The temperature and timer are set and you can relax to peaceful music for 15-30 minutes. When the timer turns off the sauna, you can remove the dome and simply get up on your own.

## **Is Infrared Heat harmful?**

Not in the least bit. Infrared light and infrared heat have been used by doctors and scientists for decades. There have been thousands of documented studies and there has been no recorded evidence that there are any ill effects of infrared rays. Unlike ultraviolet rays, which can be very damaging to the skin and ultimately cause cancer, infrared rays are completely safe and have numerous beneficial health effects on the human body.

## **What to expect?**

The Kasia Infrared Sauna is experienced while lying comfortably on your back. Your head stays outside the sauna for the duration of the 30-minute treatment. You will find

the Kasia Infrared Sauna to be much more comfortable than a conventional sauna as you are not breathing in hot air.

After approximately twenty minutes, the infrared heat will have penetrated deep into your tissues, your pores will have opened up, and your body will be producing large amounts of perspiration. This release of sweat also includes toxins so the process doesn't just remove water.

The treatment will leave you feeling profoundly relaxed and stress-free

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## **Contraindications**

The data presented is offered for reference purposes only. That infrared saunas are guaranteed to create a cure or treatment for any disease is neither implied nor should it be inferred.

If you have a disease or are using any prescription drugs, be certain to check with your physician or pharmacist before using the infrared sauna.

It is considered inadvisable to raise the core temperature in someone with adrenal suppression and multiple sclerosis.

If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating is strictly contraindicated in cases of enclosed infections be they dental, in joints or in any other tissues.

If you are pregnant or suspect you may be, discontinue your sauna use.

Metal pins, rods, artificial joints or any other surgical implants generally reflect infrared rays and thus are not heated by this system; nevertheless you should consult your surgeon prior to using the infrared sauna.

Silicone does absorb infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the infrared rays. Since silicone melts at over 200 degrees, it should not be adversely affected by the usage of infrared thermal system. It is still advised that you check with your surgeon and possibly a representative from the product manufacture to be certain.

Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow. Once a woman is aware that this may occur, she can choose to allow herself to possibly experience this short term effect without worry or to simply avoid infrared thermal system usage at that time of her cycle.

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Want a Sauna for you and your home? Contact us with your questions and we can guide you: [kassie@kasiaorganicsalon.com](mailto:kassie@kasiaorganicsalon.com)