

# THE BENEFITS OF INFRARED SAUNAS

A traditional sauna sweat-session leaves steam lovers relaxed and rested. For those that can't stand the overwhelming, air-filled moisture and intense temperatures, infrared saunas offer the same benefits as traditional saunas yet work differently by directly heating the body rather than the entire room. What are the benefits of infrared saunas? Check them out!

## IT'S LIT!

1

Therapeutic benefits include relief from muscle soreness and shortened recovery time from strength training and aerobic activity.

2

Direct infrared light and heat to the body means the climate in the room is less stuffy and more comfortable.

3

Infrared saunas dilate blood vessels and improve circulation, lowering blood pressure.

4

The increasing heat causes perspiration, allowing toxins to leave the body.

5

Health experts recommend beginning gradually with 10-15 minute sessions before increasing to 20-30 minutes at a time.

6

Heat generated by an infrared sauna will raise your core temperature and increase your heart rate, burning more calories and helping with weight loss.