

Feeling Good Never Gets Old

Clearlight® Infrared Saunas are thoughtfully designed to promote physical and emotional well-being for people with various health conditions.



Detoxification

Daily sweating from sauna use can help detoxify your body as it rids itself of accumulated toxic heavy metals. At low temperature, infrared will penetrate the body's fat cells to expel what has built-up over time.



Stress and Fatigue Reduction

A few minutes in the gentle warmth of an infrared sauna will help you feel relaxed, rejuvenated and ready to take on the day.



Muscle Aches, Stiffness and Joint Pain

Infrared heat can help relieve inflammation, stiffness, and soreness by increasing blood circulation to your muscles. It is also effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, and many other muscular-skeletal ailments.



Weight Loss and Increased Metabolism

The Journal of the American Medical Association has mentioned that regular use of a sauna can have a similar boost on the cardiovascular system to running. When your body takes in infrared heat, it works hard to try and cool down by producing sweat and burning calories. A 30-minute session can burn somewhere between 250 calories or more.



Skin Condition

The deep sweating achieved after a few minutes in an infrared sauna helps increase circulation and remove impurities and dead skin cells, leaving your skin glowing and clean.



Appearance of Cellulite

Since the infrared heat of a Clearlight® Infrared Sauna penetrates three times as deep as a conventional sauna, it is significantly more effective at reducing cellulite by lowering the storage of toxins in fat cells.



Heart Health

The Department of Family Practice at the University of British Columbia, found that infrared sauna therapy can help keep blood pressure normal, lower cholesterol levels, reduce chronic pain, and treat issues such as congestive heart failure.*



Immune System Boost

The penetrating infrared wavelengths from our True Wave™ Far Infrared and Full spectrum heaters will raise your core body temperature, inducing an artificial fever. Fever is the body's natural mechanism to strengthen and accelerate the immune response, as seen in the case of infection.



Diabetes Support

Much has been written about how infrared sauna therapy can aid and support those managing diabetes because it offers healing activities to help lower side effects. Working simultaneously, these activities include:

- Improved pain threshold
- Elimination of toxins
- Improved circulation
- Internal organ cleanse

*Note: <http://undergroundhealthreporter.com/infrared-saunas-improve-health/>