

HALO-IR FAQs

Q Why does the HALO-IR not heat up to the max temperature of 158 degrees F it is set at?

A For maximum infrared therapy benefit you want continuous infrared heat on your body. The ideal heat is between 110-125 degrees F. Infrared heats the body from the inside, not from the air like traditional saunas- so the heat does not need to be as high. By setting the temperature to 158 degrees F the heaters will stay on continuously and not shut off if set to a lower temperature.

Q Why does the salt generator shut off when the air temperature reaches 104 degrees F?

A The benefits of Halotherapy are best at a “warming heat” level of between 88 and 104 degrees F. It allows the expansion of the lungs and opens the pores on the skin allowing halotherapy to even more effective. At very high heat sweat can block you skin pores, not allowing the salt to penetrate.

Q I thought that heat wasn't good for Halotherapy, and we had to keep the environment cool for Halotherapy to work best in our cave/room?

A The environment in a cave/room needs to be kept cool to reduce the humidity levels. The reason for this has to do with the amount of “moisture” in the air and not the temperature of the air. If the humidity is too high in an environment, the microscopic salt particles will attach to the moisture and become ineffective. Infrared is “dry” heat, moisture is not an issue.

Q I have a sauna, why can't I just add a halogenerator to the enclosure and offer both in the same enclosure?

A Salt is highly corrosive, even in a dry environment. Salt particles will find their way into the electrical components of a sauna and eventually short it out. Additionally, there is an optimal, gradual temperature increase and length if time to effectively enhance the benefit of Halotherapy in a heated environment. HSL has worked extensively to find the perfect integration of both modalities. The two leaders in their respective industry, HSL, and Clearlight Sauna's, have created the ideal balance to maximize the efficacy of both modalities. This technology, Haloprotectant™, has been extensively studied and integrated into the HALO-IR.

Q Is “heated” Halotherapy more effective than non-heated?

A Yes, when the air is dry and warm, it will allow for deeper penetration and better absorbency of the salt particles in the bronchi. Halotherapy at low levels of heat enhances the experience and efficacy of Halotherapy.

Q What are the 4 options of therapy offered in the HALO-IR and how were the times and setting determined?

A Unique usage protocols have been jointly tested and developed by the two companies, Clearlight and HSL. Both the sauna and the halogenerator have been custom designed and engineered for the synergistic effect of both.

Q How does an infrared component of the HALO-IR work?

A The idea behind infrared therapy is to heat your body directly with infrared heat. In a traditional sauna you are just sitting in a hot room, at 180-220 degrees F. In an infrared sauna, the heat is heating your body directly and 20% of the heat is heating the air. You want to heat your body core, meaning your front core and your back core. Your body absorbs the infrared heat and reacts to it.

The infrared heat raises your core body temperature and stimulates your lymphatic system, immune system, and your cardiovascular system. Your bodies response to that is to sweat profusely. In addition to the infrared heat triggering a profuse sweat, the water in our body also resonates with far infrared heat and this also helps with the detoxification process.

With this in mind, you now understand why the importance of both front and back wall heaters in our HALO-IR is so important. If you do not have front heaters in your sauna, you will not raise your core body temperature as well and you will not receive as much of the desired effect. Our HALO-IRs have heaters all around you... on your front, back, sides, legs, and feet.

Q What are the benefits of the HALO-IR over other Halotherapy products?

A The HALO-IR supports an elevated wellness experience, 2 highly effective and detoxifying modalities in 1 session, Maximizes the efficacy of both modalities, Halotherapy at low levels of heat enhances the efficacy of Halotherapy, full benefit of a full spectrum sauna session, a true 4 in 1 product for more options.

Q Will I need to hire an electrician?

A Standard household electrical outlets are 120 volts. Most are rated at 15 amps and some, like bathrooms or kitchens, may be rated at 20 amps. Our HALO-IR (1-2 person) runs off of a standard 110 outlet, 15 amps. The HALO-IR (2-3 person) runs off of a standard 110 but requires 20 amps. Please review the specification for the model you are interested in to see the electrical requirement.

Q What is the optimum infrared frequency for the HALO-IR?

A The infrared frequency of the far infrared heater, in the HALO-IR, is determined by the surface temperature of the heater itself. The lower the surface temperature of the heater, the longer the infrared wave and the more beneficial the infrared heat will be.

The large True Wave™ far infrared heaters run at an optimal 180-200°F surface temperature producing exceptional quality far infrared heat. This means our heaters produce the majority of

the infrared heat in the vital wave range of 6 to 12 microns with a good portion of wavelengths at 9.4 microns, the optimal absorption range of far infrared by the human body.

True Wave™ heaters combine the high infrared output of ceramic with long wave carbon infrared heat to produce the most effective infrared heaters available (you can only find this combination in Clearlight infrared saunas).

True Wave™ Full Spectrum infrared heaters are powerful 500-watt heaters that produce near, mid, and far infrared. Adding in full spectrum therapy to your HALO-IR, will enhance the benefits of our far infrared heaters. You will get more benefit faster in a full spectrum infrared sauna.

Q What about EMF & ELF?

A As a premier wellness company, your health and safety are our number one focus. True Wave™ far infrared and full spectrum infrared heaters are the most effective and safest infrared heaters available. Clearlight Infrared Sauna® models are the ONLY infrared sauna that cancels out both EMF and ELF. Electromagnetic Fields (EMF) are energy waves with frequencies below 300 hertz or cycles per second. Extremely low frequency (ELF) are the electric fields with frequencies from 3 to 30 hertz.

The HALO-IR, offered in partnership with Clearlight Infrared Saunas, offer the lowest and safest EMF and ELF levels of any infrared sauna on the market, bar-none. The EMF levels in your HALO-IR, will be mostly below 1mg when tested directly on the heater itself. Where you sit in the HALO-IR, the EMF levels are virtually 0mg. The ELF levels are 3 – 5 times below the threshold of concern. All of the competitors in the sauna industry, are over 20 times above the threshold of concern.

Q What is the HALO-IR Made of?

A North American Basswood is a “white” wood with a yellow to whitish color. Basswood has a very dense cellular structure making it stronger, more stable and sweat resistant. It is also resistant to cracking and splitting. Basswood is also considered hypoallergenic. It has almost no odor and is one of the only woods not considered a “sensitizer” for people with Multiple Chemical Sensitivities.

Q How do I maintain and clean my HALO-IR?

A The HALO-IR requires very little cleaning, and there are no regular maintenance tasks or parts to replace for the enclosure itself, and minimal maintenance and cleaning for the halogenerator. Infrared provides **dry heat**; the only moisture produced is from your own perspiration. The enclosed cabins keep out dust and dirt. The ceramic compound in the True Wave heaters naturally produces a lot of negative ions that help purify the air. Treat the exterior like any piece of fine furniture. You can occasionally wipe the interior down with a sauna cleaner or make one of your own. Use a moist towel – don’t spray directly onto the

heater panels. To make your own: A few drops of a high-quality essential oil in water (examples are Tea Tree, Eucalyptus, Arborvitae, Lavender, Lemon); a solution of 1T baking soda and water.

- It is best to have the guest sit on a towel/robe on the bench and a towel underneath their feet.
- If you notice excess moisture after a session, you can wipe off any excess perspiration with a moist cloth or crack the door or roof vent and keep the sauna running for a few minutes. A dry cloth is best for the glass.
- You can also order a waterproof bench pad.
- Use your vacuum hand attachment if you want to clean dust or debris from your HALO-IR.
- Perspiration stains don't affect your sauna's performance. If you eventually get perspiration stains that you would like to remove it's easily done by lightly sanding.

Q Is infrared heat safe?

A Infrared heat is completely safe, and all objects give off and receive infrared heat. In fact, it is so safe, hospitals use similar heaters to warm newborns. Infrared is a part of nature and essential for life.

Q Is Halotherapy safe?

A Yes. Halotherapy is a completely drug-free treatment, safe for of all ages. Depending on the age and treatment goals, session times and concentration levels may be adjusted. Please consult your physician with any concerns.