

Relax and reduce pain with iHealth Saunas

YORKE Peninsula Field Days attendees can experience the benefits of in-home infrared sauna cabins courtesy of iHealth Saunas.

iHealth Far Infrared Saunas heat the body gently to increase the circulation and bring pain relief for chronic pain sufferers.

According to iHealth, recent research shows painkillers do not provide effective relief anymore, and subsequently farmers are looking for natural remedies to

help with their pains.

iHealth Saunas head office and business owner Alex Tyson are based in Melbourne. However, iHealth exhibits far, wide and rural, as a large portion of their clients live in country areas, where chronic pain and arthritic health issues are more widespread.

"People are waking up about their health at the moment, it's really exciting" Alex said.

"As more of us become aware

traditional painkillers are no longer the answer for chronic pain or arthritis, people are turning to alternative, natural remedies.

"What we are hearing more and more from our clients is their painkillers no longer work and they are forced to look elsewhere, then they find us."

Alex cited a recent Australian study about the effects of painkillers, in which 83 per cent of those tested could not notice the

difference between their regular non-steroidal anti-inflammatory drugs and a placebo.

"When it comes to what is good for the body, one of the questions we always ask at iHealth is, is it natural?" Alex said.

"We always find, if it isn't natural, the long-term effects on the body are negative.

"Our clients enjoy our saunas because they are comfortable, they feel great afterwards and in

many cases their pain is reduced."

iHealth Saunas recommend using the sauna three times a week for 30 to 45 minutes, between 45 and 55 degrees.

The saunas are designed for inside the home, plug into a normal power point and are safe for the whole family.

You can find iHealth Saunas in the Bowley Pavillion pavilion at the YP Field Days from Tuesday to Thursday, September 26-28.

Relief for the hardest working backs in Adelaide.

Australian Farmers are turning to iHealth Far Infrared Saunas for pain relief!

Why choose far infrared?

Relieves muscle, back and joint pain

Relieves the symptoms of:
Rheumatism, Arthritis, Fibromyalgia

Promotes beautiful, youthful skin

Removes toxins naturally

Boosts immune system

Burns up to 1000 calories in 30 minutes



Why choose ihealth SAUNAS?

The only sauna electrically approved to Australian Government standards.

Low Running Costs - from 20 cents a session (1 Person Standard)

Just Plug In to a standard 240 V home power point

Lifetime Heater Warranty
5 year Cabinet & Electrical Warranty

Easy Flat Pack Assembly
Not like an iKea bed!

SEPTEMBER 26th - 30th

SAVE 20% OFF AT YORKE PENINSULA FIELD DAY!

Bowley Pavillion

ihealth SAUNAS

To find out more call Paul
1300 254 940

Visit us online
ihealthsaunas.com.au