

Thera360 Infrared Portable Sauna

What is full spectrum infrared energy? Full spectrum infrared energy is that part of the solar (Sun) electromagnetic spectrum which living beings, although they cannot see it, feel as heat. Full Spectrum Infrared energy includes three frequencies near (NIR), mid (MIR), and far (FAR) frequencies. NASA scientists have determined their differing wavelengths and Health science studies have determined what these different wavelengths do. Therasage devices are all Full Spectrum because we have identified that each of these wave lengths are essential for natural healing in the body.

If full spectrum infrared is sun energy, then why can't I see it? The natural light that we can see makes up only a very small part of the electromagnetic spectrum of sun frequencies. Most of them resonate outside what is visible to the naked eye. Far, mid, and near infrared waves work together to bring us their healing benefits. This is why Therasage full spectrum devices and products generate healing heat but not light. The Thera360 Plus has special added Tri-Lite technology that brings Red light and other healing frequencies into the soft sauna cabin, for additive therapeutic effects.

What is Red Light Frequencies and how is it different than infrared? Red light is visible and is most effective for use on the surface of the skin. Red light occupies the end of the visible spectrum with wavelengths of 630nm-700nm. Infrared light is invisible, and as you increase the wavelength, from red to infrared, you also increase how far the frequencies penetrates into the body. The most effective wavelengths for red light therapy and healing range from 625nm-980nm.

What is the electromagnetic spectrum? The electromagnet spectrum is the totality of the sun's energy as received on earth, including light, heat, and sound wave lengths.

What is electromagnetic frequency (EMF)? Electromagnetic frequency, or EMF, is energy discharged by all alternating current (AC) electrical devices, wireless internet routers - 5G networks, blue tooth devices, RF devices, mobile phones, smart meters, many of our home appliances and more. These frequencies oscillate at a higher level than our bodies natural energy field and suppresses our immune system. The World Health Organization (WHO) has declared that high levels of EMF can be carcinogenic, and harmful for our health.

What is the difference between far infrared heat and full spectrum infrared heat?

Far infrared is just one of three frequencies of the full infrared spectrum. Far is very important for improving circulation and metabolic function. It helps with deep tissue detoxification (especially with heavy metals detox) and improving oxygenation to the blood and the tissues of the body.

What is the difference between Near InfraRed and Far InfraRed frequencies?

Near Infrared frequencies of sun energy also make an important contribution to natural healing. These specialized wavelengths help with skin surface to approximately 3 cm deep penetration. They help with skin problems like psoriasis, atopic dermatitis, eczema and rashes, etc. Near wave lengths will improve micro blood circulation and generate the natural production of Nitric Oxide. Lastly it will enhance mitochondrial wellness and cell energy. Therasage uses Near frequencies in all of its full spectrum devices and have enhanced our Near frequency application in our Therasage360 Plus portable sauna.

What are some of the benefits of full spectrum infrared heat?

Full spectrum Infrared has all the many benefits of each aspect of the natural healing from the individual wave lengths in the entire Infrared category Near - Middle & FAR Infrared. It is the synergistic effects of these wave lengths in concert that makes the natural healing events in the body so powerful and effective. Some of the main features are improved circulation & oxygenation, pain relief, healthy weight loss, total body detoxification, immune enhancement, decrease inflammation, improve sleep and anti stress, increased metabolism, and anti-aging effects to name a few.

Why do most health professionals say is it good to have a sauna where your head pops out? (a sauna that doesn't heat your head)

The body below the neck can withstand more heat than the head (brain) can. The most effective way to initiate a natural immune response, is by raising the bodies core temperature (hyperthermia / or fever). This is the bodies front line defense against invading foreign viruses and bacteria. In fact, at tiger than normal temperatures bacteria and viruses will begin to die off. At higher temperatures, the brain actually begins to be negatively affected, so most health professionals direct their patients to buy the Thera360 Plus for that reason. Therasage has developed the Thera360 series of portable full spectrum InfraRed saunas to efficiently raise your core body temperature (create a false fever) and not effect the temperature of your brain.

What causes pain?

Pain is one of the body's main signals that something is wrong. Often, pain is caused by inflammation. Inflammation is also tied to high levels of toxicity. Acute pain caused by an injury can be accompanied by swelling or edema, that can additional pressure on the pain centers around the injury. Thera360 InfraRed sauna series can improve this condition by emitting deep penetrating

healthy heat that soothes the injured area. In addition, the sauna will improve circulation, lower the swelling and improve the oxygenation and bring more healing elements to the body.

What is inflammation? Inflammation is the body's response to a foreign invader or an imbalance in the body's internal chemistry. Inflammation can be either acute or chronic. It is a process by which the body's white blood cells and substances they produce protect us from infection with foreign organisms, such as bacteria and viruses. Some inflammatory responses are caused by autoimmune responses or all of these conditions can be exacerbated by high levels of toxicity, which can have the same symptoms. The Thera360 Infrared sauna can lower inflammation and mobilize toxins and create a healthy platform for wellness.

Is an infrared sauna safe to use if I have breast augmentation or other types of implants? Yes, a sauna is safe to use with breast implants or augmentation.

Is a sauna safe if I have metal implants? Most recent implants are not affected from the infrared. Metal pins, rods, artificial joints, or other implants made of metals and surgical steel generally reflect infrared waves and make infrared sauna use perfectly safe.

Is the sauna safe for children to use? Many children use the Thera360 Plus Infrared sauna. Ask us for special instructions and protocols.