

Infrared Sauna



What is an Infrared Sauna?

The sun emits both visible and invisible rays of light. Invisible light rays (infrared wavelengths) causes sunlight to feel warm against our skin. Scientific research has found that infrared waves benefit our overall health by stimulating our cardiovascular, immune, and lymphatic systems. This stimulation helps in removing toxins from the body and promotes relaxation. Unlike harmful ultraviolet light (known to increase your risk of melanoma and other types of cancer), infrared rays are harnessed and generally beneficial and delightful. Your body readily absorbs infrared heat, which allows your core temperature to increase slowly and induces a relaxing, healthy sweat.



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Q: What are the Differences Between an Infrared Sauna and a Traditional Sauna?

A: The main difference between infrared and traditional saunas is the method in which they produce heat. Traditional saunas use water and heated rocks to produce steam. The combination of the rocks and the steam can heat the room to higher temperatures than infrared. Whereas an infrared sauna relies on infrared spectra of light to produce deeper sweats at reduced ambient air temperatures.

Although traditional and infrared saunas differ in the way they deliver therapeutic heat, they both provide the exceptional health benefits associated with sauna usage and may help reduce the severity and symptoms of a variety of chronic conditions.

Q: Is Far Infrared Heat Safe?

A: Yes. Infrared saunas use harmless infrared light (the same kind emitted by the sun) so they do not pose a health risk to children or adults. The light used in your infrared sauna does not contain harmful ultraviolet rays.

Q: Is it clean?

A: Yes! Our saunas are sanitized after each use. Infrared light kills all bacteria and any airborne germs.

Q: How long do you recommend for each infrared sauna session?

A: It is recommended to work your way up slowly, especially if you are new to infrared sauna, we offer both 30- and 60-minute sessions. Sweating and detoxification continues after you get out of the sauna for about 30 to 60 minutes afterwards, so it is not recommended that you shower right afterwards as it will shorten the benefits of the detoxification process.

Q: What do I wear in the sauna?

A: You can wear a bathing suit or a towel. You will be in a private room alone or with your partner/friend. Our sauna is suitable for a private or couples' session.

Q: How should I prepare for my infrared sauna experience?

A: Hydrate! Its best to be well hydrated before your infrared sauna treatment. Drink water, non-sugary sports drinks or coconut water. Wait at least a couple hours after eating. Alcohol is **NOT** permitted or recommended before or after treatments. Towels are provided for your use.

Q: Can children use the infrared sauna?

A: In general, children above the age of 12 can use the infrared sauna for a brief session. Children who are prepubescent are not able to thermoregulate (regulate their body temperature through proper sweat production) as well as adults do, so please consult with your primary care provider before using the infrared sauna.

Q: Who cannot use the Infrared Sauna?

A: Infrared Sauna use is ***not*** recommended for people who are pregnant, children under 12, those who cannot handle temperature extremes, those with Hemophilia, fever, insensitivity to heat, and those under the influence of alcohol.