

Natural Health Therapy



Sunlighten Sauna

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Clinically tested solocarbon infrared HEALTH BENEFITS sauna:

Infrared light is part of the Sun's invisible spectrum of light that has the ability to penetrate the human tissue. Infrared heat therapy uses these far infrared light characteristics to heat the body directly rather than just the air. The experience of a far infrared sauna is similar to sunbathing, which gives you the radiant heat that is all your own. The far infrared heat penetrates your skin, giving you that wonderful natural warmth. Unlike sunbathing, Infrared heat therapy is completely healthy and safe. You can relax in a far infrared sauna and it will never cause your skin to burn. Far infrared saunas increase the body's core temperature thus resulting in a much deeper, more detoxifying sweat from the cellular level of the skin where many toxins are housed. Conventional hot rock/steam heat saunas heat the air with steam, which can often be unbearably hot and will cause you to only sweat at the surface of the tissue. Steam also makes the air difficult to breath. A far infrared sauna uses soothing dry far infrared heat that is well ventilated and extremely comfortable and relaxing. Far infrared heat therapy has also been proven to assist with weight loss, pain relief, improved circulation and skin rejuvenation.

DETOXIFICATION

Detox from a Sunlighten™ sauna is 7 to 10 times greater than a conventional sauna. In a conventional sauna the average person sweats out 3% toxins and 97% water. In a Sunlighten sauna, the average person sweats out 20% toxins and 80% water!

PAIN RELIEF

Relieve back, neck, and arthritis pain with infrared sauna heat therapy. Researchers studying HRP (Heat Responsive Pain) have observed remarkable therapeutic benefits by using continuous low level heat therapy for treating lower back and upper body pain, all conditions that fall under the HRP classification.

WEIGHT LOSS

A 30 minute infrared sauna session can burn up to 200-600 calories! As the body works to cool itself while using an infrared sauna, there is a substantial increase in heart rate, cardiac output and metabolic rate. Sunlighten's infrared heat therapy raises core body temperature causing passive cardiovascular conditioning. Your body's natural response to infrared heat therapy is to increase circulation and sweat. Check out the results with a heart rate monitor and you will be amazed!

LOWERS BLOOD PRESSURE

Our Solocarbon® heaters were used in a clinical study with the University of Missouri Kansas City in 2005 and were shown to lower blood pressure from a 30 minute sauna session three times a week. Repeated infrared treatment improves impaired blood vessel functions in patients with high blood pressure, diabetes and high cholesterol. This suggests a preventative role for sauna use for arteriosclerosis.

IMPROVES CIRCULATION

Heating of muscles with infrared produces an increased blood flow level similar to that seen during exercise. Body temperature elevation also produces an increase in blood flow. Infrared heat assists in resolution of inflammatory infiltrates, edema and exudates. The increased peripheral circulation provides the transport needed to help evacuate the edema which can help end inflammation, decrease pain and help speed healing.

SKIN PURIFICATION

Improve your skin's appearance with regular use of a Sunlighten sauna. Open wounds heal quicker with reduced scarring. Infrared heat therapy helps acne, eczema, psoriasis, burns and any skin lesions or cuts. It also reduces wrinkles, makes skin look radiant, firms and improves skin tone and elasticity. Regular use may also help reduce cellulite trapped beneath the skin, lessen the appearance of scars, and help burns heal significantly.

Since toxicity a major cause of disease, by reducing toxic load, saunas help to prevent and reverse diseases of every description. In addition to cellular detoxification, far-infrared saunas have been demonstrated to assist with:

- Pain Relief
- Weight Loss
- Cardiovascular Conditioning
- Increasing Circulation
- Lowering Blood Pressure
- Lowering Cholesterol
- Stimulating Immune Response
- Reducing Stress
- Speeding Injury Repair
- Joint Stiffness
- Skin Cleansing
- Reducing Cellulite

Natural Health Therapy

other services offered:

Reiki

Hot Stone Massage

Metamorphic Technique

Ionic Foot Detox

Axiatonal Alignment

Food Sensitives Testing

Muscle Testing

Therapy Pricing

1 hr therapy- \$45.00

1/2hr therapy- \$25.00

30 min Foot Detox-\$35.00

1 hr Hot Rock -\$55.00

Add \$10.00 Travel fee for out apts

Sauna Prices

30 min session \$35.00

pkg 5 sessions pre paid-\$150.00

pkg 10 sessions pre paid-\$250.00