

NORTHERN COMFORT WELLNESS LLC

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Far Infrared Sauna | Benefits & Expectations

Far infrared waves have the longest infrared wavelength of the IR spectrum. Having the longest waves allow them to penetrate deep into the body's muscles, joints, and organs. Far infrared sauna treatment has been shown to produce therapeutic levels of detoxification, support metabolic health, improve circulation, relax muscles, reduce joint pain, and reduce stress and fatigue. Traditional sweat saunas raise the temperature of the air to a high level within the chamber to warm the body. However, infrared heaters have been shown to warm the body in a similar mechanism as natural sunlight. Infrared heat uses the wavelengths of both visible and non-visible light spectrum to increase cellular activity and metabolism, rather than simply being exposed to a higher ambient air temperature that would induce sweating.

Benefits of Infrared Sauna Therapy

DETOXIFICATION

Sweating is the body's safe and natural way to heal and stay healthy. Far infrared sauna benefits the body by heating it directly causing a rise in core temperature resulting in a deep, detoxifying sweat at the cellular level, where toxins reside.

<https://www.hindawi.com/journals/tswj/2014/307421/>

RELAXATION

Unlike traditional saunas which operate at extremely harsh temperatures, infrared provides gentle, soothing and therapeutic heat that promotes relaxation and improved sleep.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5941775/>

LOWER BLOOD PRESSURE

Infrared saunas induce a deep sweat to make the heart pump faster, which in turn increases blood flow, lowers blood pressure and helps circulation. Scientific evidence shows that using an infrared sauna a couple times a week lowers blood pressure.

<https://academic.oup.com/eurjpc/article/25/2/130/5926065>

ANTI-AGING & SKIN PURIFICATION

The near infrared wavelength (sometimes referred to as Red Light Therapy) is the most effective wavelength for healing the epidermis and dermis layers of the skin. Near infrared treatments stimulate collagen production to reduce wrinkles and improve overall skin tone.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2687728/>

CELLULAR HEALTH

Near infrared therapy stimulates the circulatory system and more fully oxygenate the body's cells. Better blood circulation means more toxins flow from the cellular level to the skin's surface to improve cell health, aid in muscle recovery and strengthen the immune system.

<https://www.sciencedirect.com/science/article/pii/S0735109707028550?via%3Dihub>

WEIGHT LOSS

Studies have shown that benefits of an infrared sauna session can burn upwards of 600 calories while you relax! As the body works to cool itself, there is a substantial increase in heart rate, cardiac output and metabolic rate, causing the body to burn more calories.

<https://www.hindawi.com/journals/tswj/2014/307421/>

PAIN RELIEF

Infrared heat penetrates tissue, joints, and muscles to relieve anything from minor aches and pains to chronic pain conditions such as fibromyalgia. Pain management professionals incorporate infrared heat therapy into treatment plans to decrease pain and muscle spasms and to speed up recovery time.

<https://pubmed.ncbi.nlm.nih.gov/3218898/>

IMPROVED CIRCULATION

Heating the muscles with infrared rays produces an increase in blood flow similar to that seen during exercise. Regular infrared sauna use-especially in the mid infrared range-can significantly stimulate blood flow up to twice the normal rate.

<https://www.sciencedirect.com/science/article/pii/S0735109707028550?via%3Dihub>

Expectations

Upon arrival to your first sauna session, you will be greeted and shown to the sauna room by the provider your have been scheduled with. The provider will review with you how the sauna works, and will also provide recommendations regarding temperature and duration of treatment.

Fresh towels will be provided for you at each session.

The sauna can be reserved for either 15 minutes or 30 minutes, with an additional 15 minutes reserved for a brief intake including vitals to ensure it is safe to receive sauna treatment, as well as post-treatment vitals to ensure it is safe to leave following treatment.

- **Drink water.** Make sure you're hydrated before going into an infrared sauna. Drink a glass of water before your session. You can also bring water into the sauna, especially if you're sensitive to higher heats. Bring a non-plastic water bottle into the sauna.
- **Length of time.** For first-time users, start with 10 to 15 minutes. You can add time each session until you reach the suggested time of 20 to 30 minutes. The provider will set the timer, and will ensure to check in on you once your time has expired. If you are only able to handle 5-10 minutes in the 140°F temperature, that is okay! Sauna pricing is set in accordance to 15 minute time slots. For example, if you are in the sauna for 10 minutes, you will be charged for a 15-minute session. If you are in the sauna for 20 minutes, you will be charged for a 30-minute session. You will have an additional 15 minutes to dress, undress, have vitals taken, etc.
- **Clothing.** Clothing is required. A light layer of clothing is recommended to enhance exposure to the infrared waves. Examples include: tank top + shorts, light robe. *Undergarments are required.*
- **What you can do while in the sauna.** Relax, read, meditate, or listen to music.
- **After the session is over.** Once your treatment is complete, we suggest taking your time to let your body cool down. Feel free to request an ice pack or cool damp cloth upon coming out of the sauna.
- **Number of sessions per week.** Most facilities that offer infrared sauna treatments recommend using the sauna three to four days per week for optimal results.

Additional Research:

1. [https://www.mayoclinicproceedings.org/article/S0025-6196\(18\)30275-1/fulltext](https://www.mayoclinicproceedings.org/article/S0025-6196(18)30275-1/fulltext)
2. <https://academic.oup.com/ageing/article/46/2/245/2654230>
3. <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2130724>
4. <https://www.karger.com/Article/FullText/493392>
5. [https://www.amjmed.com/article/S0002-9343\(00\)00671-9/fulltext](https://www.amjmed.com/article/S0002-9343(00)00671-9/fulltext)