FAR INFRA-RED (FIR)

HOW IT WORKS?

Your sauna uses carbon fibers heaters to produce beneficial infrared rays. This means that a metallic filament inside the carbon fiber has an electrical current pass through it. The filament heats the carbon fiber surrounding it, and the carbon fiber emits Far Infra-Red rays.

WHAT ARE FAR INFRARED RAYS?

Infrared is an invisible band of light that warms objects without warming the air between them. These are the beneficial rays that the Sun produces, helping to warm our skin with direct sunlight even on a cold day. 95% of the energy produced by carbon fiber is transformed into Far Infra-Red rays with a wavelength of 5 to 17 microns. The Sun produces Far Infra-Red rays with a wavelength of 5 to 17 microns. The Sun produces Far Infra-Red rays at 9.4 microns.

ARE INFRARED RAYS SAFE?

Infrared rays are essential to almost every form of life on our planet. In addition to helping warm a person, they also help the body to function better on a cellular level. The technology is so safe that it has been used for years in hospital delivery rooms to help newborn babies achieve an acceptable body temperature.

HOW TO USE YOUR SAUNA?

Turn the sauna on and set the temperature to 140 fahrenheit. You will want to wear minimal amount of clothing into the sauna as some materials will absorb the infrared rays. Some people prefer to have some water with them to help replace the water that will be lost through perspiration. After about 5 minutes your sauna is ready to use. REMEMBER your sauna is NOT a hot box. The infrared emitters are designed to heat you, not the air inside the box. The temperature gauge is there merely as a gauge for your enjoyment and safety.
TEMPERATURE

The key to your infrared sauna is to keep the unit working the entire time you are inside. Working is defined as having a current sent through the filament, which thus produces infrared rays. If you wait until your sauna approaches or reaches its peak capacity of 140 degrees, the unit will only “work” (emitted infrared rays) when the temperature drops below 140, which means that you will only intermittently be receiving the beneficial infrared rays. The temperature gauge and the timer are mandated safety features to make sure that someone does not overheat their body. There are no negative side effects to prolonged exposure to infrareds outside of overheating.

WHAT WILL HAPPEN INSIDE

You will feel the heat being generated by the infrared emitters immediately. The wavelength of this heat will allow the rays to penetrate your skin and heat your body beneath the surface. This will excite the water molecules stored in the layer of fat just beneath your skin, and cause you to sweat. Most people tend to sweat after about 20 minutes, although this time period shortens with frequent sauna use. This sweat also allows the body to detoxify itself as the toxins it has eliminated from your blood stream and stored in your fat layer can now be brought to the surface with sweat. The direct heat will also cause your blood vessels to dilate (increasing your circulation) and will increase your breathing and heart rate. Your bodies will also burn calories as it produces sweat. It is recommended that you drink water before, during and after your sauna to make sure you do not become dehydrated. Be careful with what you take inside of your sauna with you. Some metals absorb the infrared rays and can become extremely hot during a sauna session.

BENEFITS OF FRA INFRA-RED

Benefits of infrared therapy have been studied for several decades in Japan, Europe and recently in the US as well. Frequent users of infrared saunas have seen;

- Lowering of blood pressure
- Decrease of joint stiffness
- Weight Loss
- Lowering of blood sugar levels
- Increase in blood flow
- Lowering of cholesterol
- Lowering of Triglycerides
• Relief of muscle spasms
• Pain Relief
• Increases extensibility of collagen tissue
• Assists in resolution of inflammatory infiltrates, edema and exudates
• Help with acne, eczema, psoriasis, burns and skin lesions and cuts
• Helps open wound heal quicker and with less scarring
• Improve skin tone and elasticity
• Breaks up cellulite
• Boosts immune system
• Helps reduce injuries when used for warming up muscles before stretching and exercising