

FAR INFRARED SAUNA AND COLOUR LIGHT THERAPY

What is Far Infrared Heat? Infrared or radiant heat is a form of energy that heats objects directly, without heating the air in between. Infrared saunas warm the body directly with the same kind of energy that we get from the sun. The benefits of Far Infrared are transmitted directly to our bodies. Most of us spend 90% of our time indoors. We do not get enough sunshine which our bodies desperately need to be healthy. FIR Saunas have been known to boost the immune system, assists in pain relief, and strengthens the cardiovascular system. Far Infrared heat is clinically proven to be a most effective way to remove toxins from our bodies, reverse disease, and slow down aging. It is an excellent preventative for staying in good health...Adding Color Light Therapy during a sauna session will enhance the feeling of peace and serenity, as well as calmness and harmonizing effect using the various colors. Color Light Therapy is a holistic approach concerned with nourishing and balancing vital life energy for optimum health...