

## SWEAT WITHOUT SUFFERING

FIR saunas maintain a steady air temp of 100-130° F. Steam saunas can reach temps of 200° F!



# Saunas Hit A Dry-Spell

*...And It Feels So Good!*

If you've been avoiding your post-workout, sauna sessions because of off-the-chart temperatures and stuffy steam, fear no more—we have a sauna secret for you!

Saunas have undergone a much needed face lift. No more hot rocks or steam! That is, if you're enjoying a FIR sauna. To understand what's so special about the FIR sauna, you have to compare it to the traditional steam sauna. You know the routine: douse water onto hot rocks and produce steam. The steam raises the temperature in the room, and the warm air heats your skin and muscles. In the meantime, you can barely breathe in all that steam, and your skin is actually drying out.

Instead of hot water, rocks and steam, a FIR sauna uses far infrared (FIR) heat, which is part of the sun's invisible spectrum of light. (Don't worry, FIR wavelengths are long and safe, unlike short-wave, skin-damaging UV rays.) FIR's longer wavelengths pass through your skin (up to three inches) to directly penetrate your muscle tissues. Your body absorbs up to 80% of FIR heat, and goes into overdrive: your heart beats faster, your blood vessels open, and your organs excrete more waste, which your skin sweats out. FIR saunas encompass even better detoxing benefits than a traditional sauna but without the dangers of steam that can burn or dry out your skin.

*By Heather Van De Mark*

## WHY YOU SHOULD TEST-DRIVE A FAR INFRARED SAUNA

### RELAX LONGER

Ward off stress, fatigue and depression by taking some time for yourself during the day. Use your sauna session to read a magazine or listen to your iPod. FIR saunas use 40% less electrical energy than a traditional steam sauna, which means you can relax even longer.

### REMOVE TOXINS

Your skin is a vital organ that contributes to good health. Sweat keeps your skin clean by removing toxins from the body, purifying the skin and burning calories. It's the holy trinity for good health. If you need to skip the workout, you can still get in a good sweat at the sauna.

### RELIEVE PAIN

As athletes, our bodies need time to recover. FIR rays are absorbed deep into the skin, penetrating muscles and tissues, and relieving aches. FIR sauna temperatures max out at 130° F, loosening your muscles but still letting your lungs breathe. Do some basic yoga stretches during your sauna session and you'll have a rejuvenated bounce in your step.

### TIP: Don't Forget A Towel!

After your sauna session, towel off that sweat and hit the showers, so those toxins don't get reabsorbed into your skin.