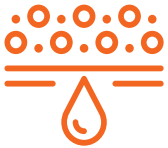


# INFRARED THERAPY HEALTH BENEFITS



## Detoxification

Sweat out the toxins. Sweating is one of the body's safest and most natural ways to heal and maintain good health by helping to eliminate toxic heavy metals, drug residues, and hormone disruptors. With the deepest penetration, Sunlighten saunas' infrared helps increase blood flow and perspiration.



## Weight Loss

Increase metabolism and burn fat. Increasing core body heat increases calorie burn, similar to exercise. Infrared saunas also help with the elimination of toxins that cause fat storage.



## Heart Health

Improve heart health. Infrared therapy can help your heart work better by exercising the heart, temporarily reducing blood pressure, and improving circulation.



## Anti-Aging

Purify and rejuvenate your skin. Harness a scientifically-proven "fountain of youth" and revitalize your skin's appearance. Far infrared waves increase circulation and detoxify the skin, helping regenerate and cleanse cells.



## Immunity

Heating the body from inside can improve the function of the immune system just like a fever can. Therefore, regular Sunlighten sauna use can help reduce the incidences of cold and flu, or help you recover faster from illness.



## Muscle Recovery

Repair muscles faster. Many professional athletes use Sunlighten saunas to recover from their training and injuries. Infrared helps deliver more oxygen to cells for faster repair and pain relief.

