

## WHAT IS INFRARED?

Infrared light is part of the Sun's invisible spectrum of light that has the ability to penetrate the human tissue. Infrared heat therapy uses these infrared light characteristics to heat the body directly rather than just the air. The experience of an infrared sauna is similar to sunbathing, which gives you the radiant heat that is all your own. The infrared heat penetrates your skin, giving you that wonderful natural warmth. Unlike sunbathing, infrared heat therapy is completely healthy and safe. You can relax in an infrared sauna and it will never cause your skin to burn.



Infrared saunas increase the body's core temperature thus resulting in a much deeper, more detoxifying sweat from the cellular level of the skin where many toxins are housed. Conventional hot rock/steam heat saunas heat the air with steam, which can often be unbearably hot and will cause you to only sweat at the surface of the tissue. Steam also makes the air difficult to breath. An infrared sauna uses soothing dry infrared heat that is well ventilated and extremely comfortable and

relaxing. Infrared heat therapy has also been proven to assist with weight loss, pain relief, improved circulation and skin rejuvenation.

### SAFETY OF INFRARED

You can be exposed to infrared heat for hours and it will never cause your skin to burn. Infrared heat is completely healthy and safe for all living things. In fact, infrared heat is so safe it is used in hospitals to warm newborn infants. The same electrical standards required for the safety of your home are implemented into the electrical system of our saunas. Steel conduits protect your sauna from fire hazard and harmful electromagnetic field (EMF) radiation.



## **DOCTORS RECOMMEND**

Infrared waves, reflected from the Sunlighten sauna to the body, provide concentrated radiant energy, similar to that from the sun. When any tissue in the body is exposed to infrared waves, whether radiated by sunlight, reflected by specially coated fabrics or panels, there is a rapid increase in warmth which can be shown by thermography. This heat plus the activation of several other response mechanisms stimulates the healing processes.

For example, infrared waves from Sunlighten saunas:

1. Increase blood flow by promoting dilation (expansion) of the micro-circulatory system of capillaries.
2. Reduce muscle spasms as muscle fibers are heated.
3. Remove toxins from the site receiving infrared waves.
4. Assist in the reduction of swelling and inflammation by improving lymph flow.
5. Reduce soreness through direct action on both free nerve endings in tissues and on peripheral nerves.

At the cellular level, researchers have discovered the infrared wavelengths between 7 and 14 microns (the same as all Sunlighten saunas):

1. Stimulate enzyme activity.
2. Promote the adhesion and osmosis of water molecules across the cellular membrane.

Sources: 1. Far Infrared, Technologies that Harness the Sun, Valerie Free, 2001

## **WEIN'S LAW OF DISPLACEMENT**

Solocarbon heaters do not use wires to conduct infrared heat. We apply the perfect thickness of ultraconductive carbon to a fiberglass panel activated by positive and negative copper strips on either side. Then the panel of fiberglass and carbon are sealed by lamination. This means Solocarbon heaters have **NO UNHEALTHY GASES** released during heating!

Solocarbon® Heaters have been tested for safety. [View the Test Results.](#)

## **INCREASES CORE BODY TEMPERATURE**

Increasing the core body temperature is critical in achieving superior detoxification results. Solocarbon® heaters were tested and shown to consistently increase core temperature by a 3 degrees Fahrenheit rise in core temperature and increase heart rate over a 60 minute session (30 minute heat up and 30 minute cool down cycle).