

THE BRIDAL BAR

INFO SHEET // INFRARED SAUNA

HOW DO THE SUNLIGHTEN INFRARED SAUNA WELLNESS PROGRAMS WORK?

The mPulse sauna is the only line of full spectrum infrared saunas in the world. It uses a blend of 3-in-1 (near, mid and far) infrared sauna technology.

Infrared saunas are an effective tool for natural healing and prevention. Infrared light has the ability to penetrate human tissue which in turn produces a host of anti-aging health benefits making infrared saunas one of the “hottest” therapies for overall healthier living.

If you want to get yourself back into balance, an infrared sauna may be the ticket to achieving your wellness goals

PROGRAMS

Detoxification (37 Minutes, Mid & Far Wavelengths, Low Temperature)

Detox can be used as a tool to help relieve symptoms AND as a preventative tool to increase overall health

Pain Relief (30 minutes, Near, Mid and Far Wavelengths, Medium Temperature)

Heat activates neurological, vascular and metabolic mechanisms to mediate the transmission of pain

Relaxation (40 minutes, Near & Far Wavelengths, Low Temperature)

Relax in comfort with an invigorating deep tissue sweat

Weight Loss (30 minutes, Mid & Far Wavelengths, Medium/High Temperature)

Studies have shown that a 30 minute infrared sauna session can burn up to 600 calories

Anti-Aging (30 minutes, Near & Far Wavelengths, Low Temperature)

Infrared heat easily penetrates human tissue to help with acne, eczema, psoriasis, burns, cuts and more.

Cabin Temperature - A high heat sauna is not providing the benefits of infrared. It is only heating the cabin air and a shallow, surface sweat will be produced to cool the body. Thereby dehydrating the body and providing less benefits.

The sauna is not required to run at high heat (60+) to achieve health benefits. The ambient air temperature of the sauna is a personal preference. It has nothing to do with the efficacy of the infrared, which works best between 45 - 58 degrees.

Infrared works in the body. It assists with detox, circulation, pain relief, muscle soreness, weight loss and skin health. It has many more benefits that a high heat sauna cannot give.

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HEALTH BENEFITS

Detoxification Sweating is the body's safe and natural way to heal & stay healthy. Far infrared heats the body directly causing a rise in core temperature resulting in a deep, detoxifying sweat at the cellular level, where toxins reside.

Relaxation Unlike traditional saunas which operate at extremely harsh temperatures, infrared is a gentle, soothing and therapeutic heat that promotes relaxation and improved sleep. Infrared sauna therapy helps you relax while receiving an invigorating deep tissue sweat, leaving you fully refreshed after each session.

Lower Blood Pressure Infrared saunas induce a deep sweat to make the heart pump faster, which in turn increases blood flow, lowers blood pressure and helps circulation. Scientific evidence shows that using an infrared sauna a couple times a week lowers blood pressure.

Anti-Aging & Skin Purification The near infrared wavelength (sometimes referred to as Red Light Therapy) is the most effective wavelength for healing the epidermis and dermis layers of the skin. Near infrared treatments stimulate collagen production to reduce wrinkles and improve overall skin tone.

Weight Loss Studies have shown that an infrared sauna session can burn upwards of 600 calories while you relax! As the body works to cool itself, there is a substantial increase in heart rate, cardiac output and metabolic rate, causing the body to burn more calories.

Pain Relief Infrared heat penetrates tissue, joints, and muscles to relieve anything from minor aches and pains to chronic pain conditions such as fibromyalgia. Pain management professionals incorporate infrared heat therapy into treatment plans to decrease pain and muscle spasms and to speed up recovery time.

Improved Circulation Heating the muscles with infrared rays produces an increase in blood flow similar to that seen during exercise. Regular infrared sauna use—especially in the mid infrared range—can significantly stimulate blood flow up to twice the normal rate.

Wound Healing Scientific research has concluded that near infrared therapy greatly enhances the skin's healing process by promoting faster cell regeneration and human tissue growth. Human cell growth increases to repair wounds and prevent infection.

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