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Did you know that Far Infrared is a natural form of light energy that is safest of the rays? However, it should not be confused with harmful ultraviolet radiation. Unlike UV rays, infrared heat will not sunburn or damage the skin or tissues below it. Far Infrared heat energy is also capable of neutralizing the negative effects of toxic electromagnetic frequencies (EMF's). In fact, infrared heat is a normal heat that is absolutely essential for all living things to remain tranquil, calm and healthy.

### What is Infrared Sauna?

Infrared sauna is basically an incredibly healthy alternative to sweating in a gym or using an old fashion conventional dry heat or steam sauna. They use Far Infrared heat that emulates the sun. The high-tech heating elements move at the speed of light, penetrating human body 1.5 to 2 inches deep. This in turn shakes loose fat and frees toxins. The soothing FIR heat sweats away weight and calories many times more effectively than traditional sauna or even a workout.

### Is Infrared Heat Safe?

In hospitals baby care units, incubators are often equipped with infrared heating systems to keep new born babies warm. Far Infrared Rays are being used to promote growth in plants, purify polluted air, treat injured athletes, and even encourage new hair growth. FIR sauna is not only safe, but has multiple benefits revolutionizing the way we stay healthy.

### What are the benefits of Infrared Sauna?

Infrared benefits are immediate and astounding. The amazing new Infrared Sauna &ndash; lets you stay healthy in pleasant and relaxing way. Soft, soothing Far Infrared heat helps receive the all round &lsquo;weight-loss effect&rsquo; (30 minute FIR sauna = 10km run) while reading, watching TV, talking on phone, listening to your favorite music or simply relaxing in the comfort of your home infrared sauna.

### What&rsquo;s more?

Infrared heat can easily help ease patients suffering from arthritis, sprains, neuralgia, bursitis, muscle spasm, lower back pain, joint stiffness and several other muscular-skeletal ailments. Much of the stiffness aches and soreness that comes with aging is reduced or eliminated.

### The Bottom Line

FIR (Far Infrared Radiant) heat provides all the healthy benefits of natural sunlight without any of the dangerous effects of solar radiation. With this deep radiant heat your body will sweat more than in a conventional outdoor steam sauna because the heat goes deep into the fat tissues, helping you experience a cleansing of toxins and bacteria while you melt away those calories! The sun is the primary source of radiant energy, but not all of this energy is beneficial. Although life needs energy from the sun, too much sunlight damages the skin.

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<http://www.articleside.com/health-articles/basic-infrared-sauna-information-you-should-know.htm> -

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