Experience Extraordinary Health Benefits with Far Infrared Saunas by John Mathew

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Sauna at your home is more than just an opportunity to enjoy a plethora of health, cleansing and purification options whenever you want, you will also acquire a place to relax with family and friends. And your own personal refuge from the stress and worries of the world. Here in this article, we have compiled a list of all the major health benefits to consider when deciding on the purchase of a sauna. But also keep in mind that not only will the regular use of a sauna significantly improve your health, but that it feels great as well.

Pain Relief

By dilating blood vessels, improving circulation, and easing muscle tension a sauna can provide relief from the pain of many different physical ailments. In particular, irritation and discomfort from various forms of arthritic, muscle, shoulder, neck and back pain can be significantly reduced. With regular sauna use, these effects can be continual.

Stress

Sauna heat therapy is an ideal way to relieve stress and improve sleep patterns. It now goes without question that stress is a latent precipitator and even cause of many chronic diseases. By relaxing the muscles and improving circulation, a sauna session reduces stress and promotes mental and physical well-being.

Detoxification

Synthetic and organic substances that are foreign to our bodies exist in abundance within our environment. They are in the air we breathe in the form of industrial pollution, in the food we eat in the form of preservatives and pesticides, and even in our chemically treated water. The expulsion of these substances, known as "detoxification", has in the last few years gained recognition in the medical community as an important factor in promoting health and even in the treatment and prevention of several chronic illnesses. Infrared Sauna heat therapy stimulates the natural cleansing processes to help release toxins and bodily contaminants that have accumulated in our cellular tissues. These contaminants are then channeled out through the lymphatic system and perspiration.

Cardiovascular

A typical 30 minute sauna heat therapy session can have the effect of a light cardiovascular workout. As the body works to cool itself, the metabolic/heart rate increases and blood vessels dilate improving cardiovascular circulation. Infrared saunas are a good alternative for people who find it difficult or are unable to exercise.

Weight Loss

Although water weight lost through perspiration is quickly regained, the fat conversion or "burn" due to the increased metabolism can be up to 600 calories per sauna session. Also, detoxifying the body can improve the digestive tract and metabolic performance which will assist in weight loss.

While the recreation and social benefit is rarely discussed, it's actually quite important. The sauna

can be a private, intimate area of relaxation and solitude. However, it can just as easily be a soothing environment for socializing with family, friends and soon-to-be friends. The sauna room environment is conducive to open, friendly and quiet conversation.

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