

What is an Infrared Sauna?

Infrared light (experienced as heat) is the invisible part of the sun's spectrum with the ability to penetrate human tissue. Infrared sauna therapy uses this penetrating characteristic to gently warm the body directly at the core rather than simply heating the air or the skin's surface, resulting in a variety of health benefits, including detoxification and weight loss. Infrared heat is completely safe and does not contain the harmful UV rays associated with sunlight. In fact, it is used in hospitals to warm newborn infants.

How is it different from a traditional sauna?

Infrared heat is very gentle. The experience is similar to lying in the sun on a warm day and feeling the heat radiate to the core of your body. Unlike conventional (hot rock or steam) saunas -- which operate at more than 200°F -- infrared heat is effective at lower, more comfortable temperatures of 120°-150°F. Traditional saunas simply heat the air, creating an environment that can be unbearably hot, difficult to breathe in, and claustrophobic. If you think you don't like saunas, try the infrared difference!

Why is sweating so good for you?

Because infrared sauna therapy heats the body directly rather than simply warming the air, it raises the core body temperature and produces a deep, detoxifying sweat at the cellular level, where most toxins reside. Sweating is the body's natural way to heal, stay healthy and detox. Sweat carries toxins out of the body and pushes them through the pores. The more sweat you wipe away, the more toxins can come out. Infrared heat is reported to penetrate up to 3 inches deep into tissues to warm and activate cells to release toxins. It produces a sweat composed of approximately 20% toxins and 80% water vs. 3% toxins and 97% water for traditional saunas. If you find you don't sweat deeply your first time in the sauna, just wait. Your sweat will likely become more productive and healthful over time. Sauna therapy produces an increased blood flow level similar to that seen during exercise.

What is the cortisol connection?

Relaxation is more important to your health than most people realize. The more "bad" stress you have, the more cortisol your body will produce. Cortisol is a "fight or flight" hormone made in the adrenal glands that raises heart rate and blood pressure and encourages the deposit of excess calories into the midsection (the "spare tire" effect). Scientific studies show that far infrared therapy may help the body maintain healthy levels of cortisol.

Can it really help you lose weight?

Studies have shown a 30-minute far infrared sauna session can burn 200-600 calories! As the body works to cool itself, heart rate, cardiac output and metabolic rate increase. Blood flow can double from a normal 5-7 quarts per minute to as much as 13 quarts per minute. Some experts suggest that infrared heat therapy is an important complement to weight loss because as you lose weight, fat tissue can release stored toxins such as PCBs and pesticides into your body.

Other Reported Benefits

Research has shown that infrared heat activates complex neurological, vascular and metabolic mechanisms to mediate the transmission of pain signals and effectively provide relief for a variety of pain conditions, including chronic fatigue syndrome, fibromyalgia, and rheumatoid arthritis. One clinical study in Japan reported a successful outcome for 100% of subjects with rheumatoid arthritis treated with whole-body far infrared sauna therapy. Infrared heat produces an increased blood flow level similar to that seen during vigorous exercise. The increased circulation can help decrease inflammation and speed healing. Wounds, burns, cuts and acne may heal more quickly with less scarring. Regular sauna users may experience firmer, more radiant skin tone and reduction of visible wrinkles and cellulite.

More information can be found at www.therasauna.com.

Using the Infrared Sauna



Try our TheraSauna far infrared sauna and discover the benefits of infrared heat therapy, including: detoxification, weight loss, relaxation/stress relief, skin purification, injury rehabilitation, pain management, improved circulation, and more.

Rates

Single 30-minute session: \$10

Five 30-minute sessions (good for 3 months): \$40

Ten 30-minute sessions (good for 3 months): \$60

Booking a Sauna Session

- Reservations are not required, but highly recommended during busy times of the day and in cold weather when pre-heating is needed (the sauna may be turned off when not in use and takes some time to heat back up). Book online at movestudio.com or by phone at 972.732.0206.
- If your plans to use the sauna change, please cancel your appointment so that someone else can use that timeslot. No-shows and cancellations received less than 12 hours before appointment will be charged.
- The sauna seats two people and privacy is not guaranteed. If you require privacy during your session, you may double-book the sauna for double the rate. Or schedule your sessions with a friend (rates are per person).
- Sessions are available in 30 minute increments. 30 to 60 minutes is recommended for optimal benefits. For your first few sessions you may wish to do just 15 or 20 minutes, and take time to build up to longer sessions.
- Use of the sauna is highly beneficial at any time, but evidence shows more metabolic benefits if used immediately following a workout, when your body is already warm.

Preparing for Your Sauna Session

- Far infrared penetrates through clothing. Workout/dance/yoga attire, or shorts with a t-shirt, tank top, sports bra or bathing suit top are suggested. No nudity or skimpy bathing suits, please. The sauna is located inside the front office/boutique and there is not a private dressing area.
- Arrive at least 5 minutes before your session, as your session end time does not change if you are late.
- Sign in at the front desk before your session starts.
- Store your personal belongings in dressing room lockers. Remove shoes before entering sauna.
- Bring two or three hand towels or small bath towels. Towels are not provided by the studio and are required for use. We suggest sitting on one; placing one behind your back, under your feet or wherever skin is in contact with the wood; and using one for wiping sweat. Wash towels after each sauna use.
- You may wish to open the air vent inside the sauna, which is kept closed during pre-heating.
- No phone conversations in the sauna, please, as the sound is amplified throughout the boutique and front office. We suggest reading, meditating, silent use of phone or personal device, or listening to music with headphones.
- Keep track of your time in the sauna. Staff may not be able to alert you when your session is over.

Safety Guidelines

- Exit immediately and alert staff if you begin feeling uncomfortable, lightheaded or unusually sleepy.
- Check with your doctor before using the infrared sauna if you are pregnant, ill or receiving ongoing medical treatment.
- Drink plenty of water or fluids before, during and after your sauna session. This will aid with detoxification and keep you hydrated. Bring your water bottle or purchase water at the studio.
- Ask staff for assistance or instruction before adjusting any settings in the sauna.
- Avoid sitting directly against the heating elements for an extended time. If skin gets uncomfortably hot, shift position.
- **You are responsible for your safety** and well-being, so please use common sense in the sauna.