

## Sunlight Saunas vs. Traditional Saunas

Feature	Sunlight Saunas	Traditional Saunas
health benefits	pain relief, detoxification, increased circulation, weight loss, lowered blood pressure, cellulite removal	no data
maintenance	nominal	extensive
mold and mildew	no	yes
warm up time	15 to 20 minutes	45 minutes to an hour
sweat analysis	80% water, 20% toxins	97% water, 3% toxins
fresh air circulation	allowed	allowed
assembly time	less than an hour	Days/weeks for pre cut or custom, less than an hour for modular.
electrical cost	\$10 a month	can double your power bill
medical use	used by physicians	no data
heat	dry, gentle, radiant	harsh, claustrophobic, humid
stereo music	Blaupunkt AM/FM CD player optional	AM/FM CD player optional
portability	all models	some models

- ▶ The experience of a far infrared sauna is similar to sunbathing, which gives you the radiant heat that is all your own.
- ▶ 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 far infrared light characteristics to heat the body directly rather than just the air.
- ▶ Unlike sunbathing, far infrared heat therapy is completely healthy and safe. You can relax in a far infrared sauna and it will not cause your skin to burn.
- ▶ Far 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 breathe.
- ▶ A far infrared sauna uses soothing dry far infrared heat that is well ventilated and extremely comfortable and relaxing.
- ▶ Far infrared heat therapy has also been shown to assist with weight loss, pain relief, improved circulation and skin rejuvenation.