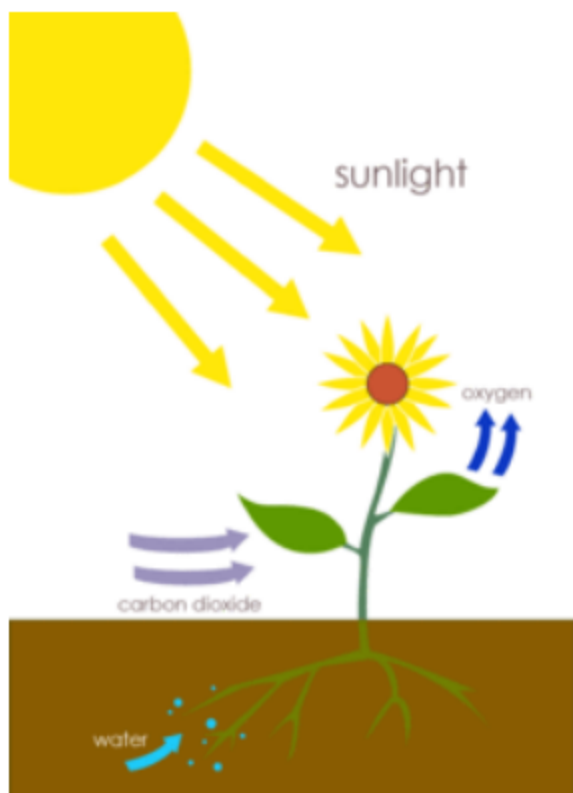


# WHAT IS INFRARED?

Infrared light is necessary for all living things to grow and flourish.



Infrared light is part of the sun's invisible spectrum of light that has the ability to penetrate the human tissue.

Infrared heat heats the body directly rather than simply the air.

The experience of an infrared treatment is similar to sunbathing, giving you that wonderful natural warmth.

Unlike sunbathing, infrared heat therapy is completely healthy and safe. You can relax in an infrared sauna and it will never cause your skin to burn.

# WHAT IS INFRARED?

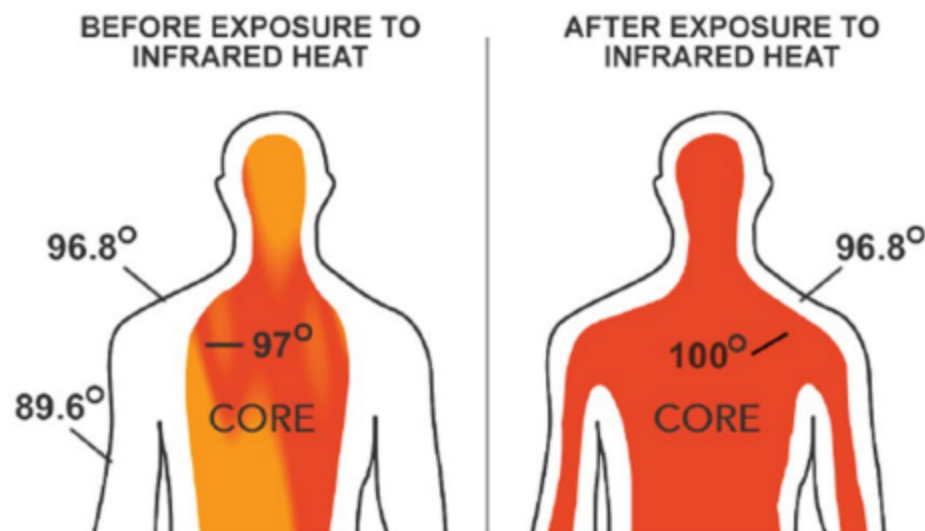


- Invisible part of the sun's light spectrum (experienced as heat)
- Penetrates human tissue producing a host of health benefits
- 7x more effective than a traditional saunas
- Effective at a low, soothing temperature
- Completely healthy and safe for all living things
- Used in hospitals to warm newborn infants

# WHAT IS INFRARED?

## HOW DOES FAR INFRARED HEAT FEEL?

The experience of far infrared is similar to sunbathing, which gives you the radiant heat that is all your own. Remember the last time you were sunbathing with sunscreen? Were you still hot? Of course you were because the sunscreen only stops the UV (Ultraviolet) light from hitting your skin. The Far-Infrared heat (FIR light waves) penetrates your skin, giving you that wonderful natural warmth. Unlike sunbathing, far infrared heat therapy is completely healthy and safe. You can relax in far infrared heat and it will never cause your skin to burn.



The body's core temperature increases with exposure to Infrared Heat, but the exterior temperature remains cooler. This is because the infrared waves penetrate to beneath the skin.