

# Infrared Saunas

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 traditional (hot rock or steam) saunas, which operate at well in excess of 200°F, infrared heat has the benefit of being effective at a more comfortable operating temperature of 100°-150°F.

Traditional saunas heat the air, which can be a more uncomfortable way to induce sweating. Infrared saunas heat the body directly. Because infrared heat penetrates human tissue rather than just simply heating the surface of the skin, infrared saunas are seven times more effective than traditional saunas at detoxifying the body. By raising the body's core temperature, infrared saunas can produce a sweat composed of 20% toxins versus only 3% toxins with a traditional sauna.

The infrared spectrum consists of near, mid, and far waves, each with distinct characteristics and frequency ranges. Near infrared promotes skin renewal, cell health, wound healing, and tissue growth. Mid infrared is a longer wavelength that can penetrate deeper into the body's soft tissue where inflammation occurs. This helps expand blood vessels and increase circulation, so more oxygen can reach injured areas of the body, which reduces pain and speeds the healing process. The longest wavelength, Far infrared, reaches deepest into the body, where toxins are stored. By increasing your core body temperature, FIR stimulates the sweat glands, resulting in a deep, detoxifying sweat that leaves you feeling revitalized.

- Flush out toxins
- Lower blood pressure
- Muscle relaxation
- Improved immune function
- Look younger
- Weight Loss
- Relaxation
- Improved Circulation
- Skin Purification

The Riordan Clinic is now offering infrared saunas! Call us today to find out more.

