

FROM THE LEADERS IN LIGHT SCIENCE

# INFRARED SAUNA: 4 Things to Know

You've probably heard the buzz about "infrared" and may be wondering what the hype is all about. Infrared saunas in particular are being talked about more than ever before. From celebrities and professional athletes to cardiologists and wellness experts, the world has awakened to what we at Sunlighten have known for more than 20 years:

**INFRARED HELPS PEOPLE FEEL BETTER, LIVE HEALTHIER, AND STAY ACTIVE LONGER.**



All that means is being able to do more of what you love. And that means living more fully.

Infrared is not too good to be true. It's not a fad. Here are 4 key facts about why infrared saunas are a great wellness tool.

Thanks for opening the door to a conversation with us about our favorite wellness tool. We hope you learn a little something about why infrared might be your next best wellness investment.

# 1

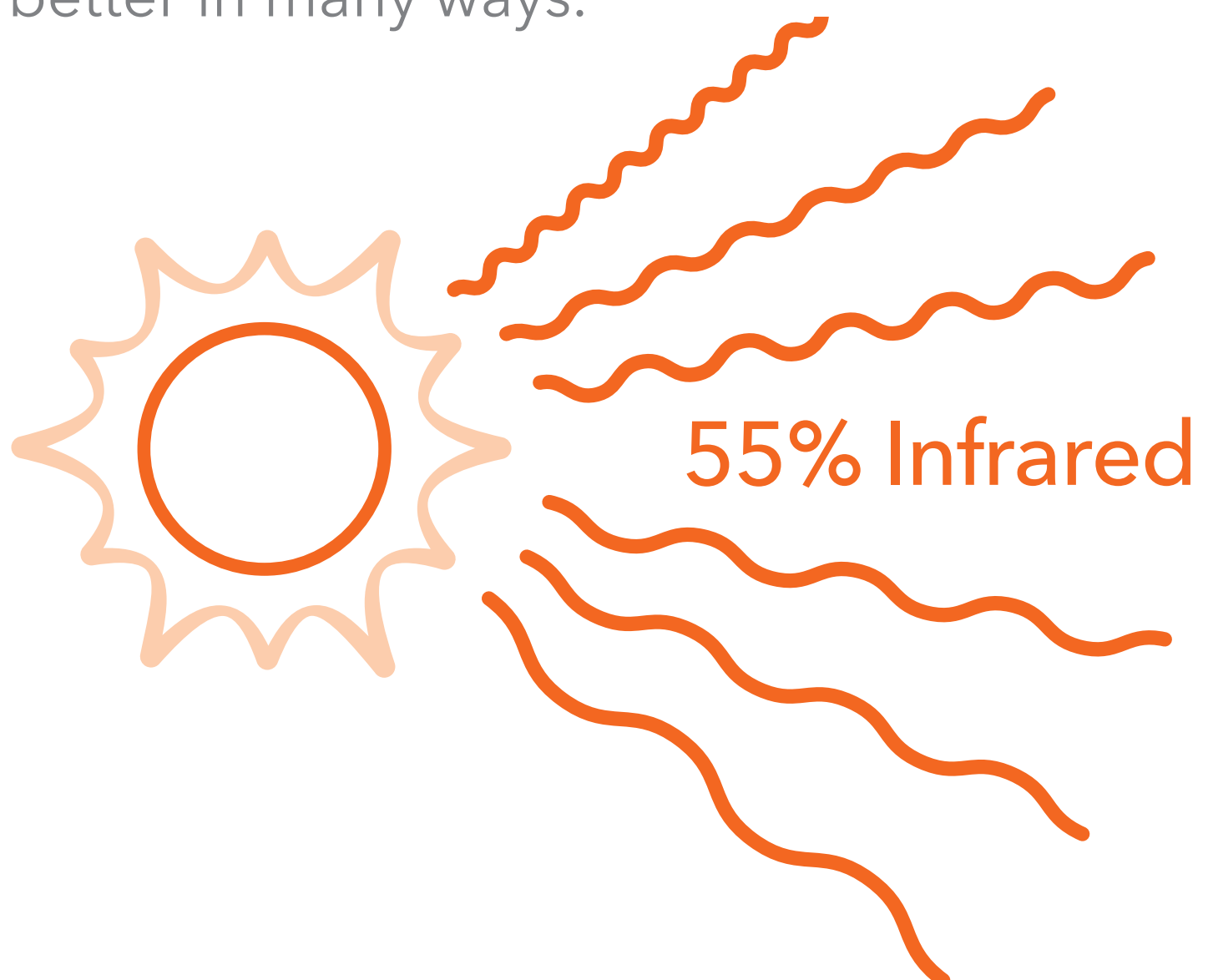
WHAT IS INFRARED?

## Infrared is Natural.

INFRARED IS A TYPE OF LIGHT THAT IS WARM BUT CAN'T BE SEEN. IT EXISTS JUST BELOW VISIBLE RED LIGHT IN THE RAINBOW. YOU'VE EXPERIENCED INFRARED IN MANY WAYS THROUGHOUT YOUR LIFE.

The sun's light spectrum includes about 55% infrared light waves, which are what many scientists agree are some of the safest, most healthy rays. These are the light waves that make plants grow and initiate their chlorophyll processes. You also experience infrared when you feel the warmth from a fire. Our bodies even emit infrared waves. Infrared can be recreated and is also used to keep newborn babies warm in NICUs; to cook food on electric ranges and keep it warm under heat lamps; to dry hair in a blow dryer; to track weather; observe space; and to change channels on the tv via remote control.

Infrared is an amazing gift from nature. It is all around us and helps us live our lives better in many ways.



[LEARN MORE ABOUT INFRARED](#)

# 2

IS INFRARED HEALTHY?

## Infrared is healthy and healing for the body.

Just like in nature, infrared and red light's tiny pinpoint-size waves each do something beautifully unique for our bodies. We call these the health benefits of infrared. For centuries, cultures have used saunas to sweat and detoxify. Putting infrared and red light in a sauna expands the benefits of saunaing from just sweating to so much more. And, it makes multiple health benefits possible without the extreme, uncomfortable heat of traditional saunas:



### DETOXIFICATION

Infrared waves that penetrate at the cellular level to eliminate toxic heavy metals, drug residues, and hormone disruptors. It also helps with lymphatic drainage and supports the body's detox systems.



### WEIGHT LOSS

Raising core body temperature can increase circulation similar to cardio exercise; stimulate metabolism; and help eliminate toxins that cause fat storage, supporting weight management.



### HEART HEALTH

Sunlighten's far infrared technology has been clinically proven to temporarily reduce both systolic and diastolic blood pressure.



### ANTI-AGING

The red light/near infrared LED light therapy panel helps stimulate cell growth and rejuvenate skin. Sweat also helps skin appearance as pores open from the deeper sweat induced by our infrared light therapy.



### MUSCLE RECOVERY

Infrared and red light therapy penetrates muscles deeper, increases blood flow, and helps the body recover faster.



### IMMUNITY

Infrared activates the immune system by raising core body temperature that mimics a fever. Sunlighten's infrared is proven to raise core body temperature three degrees.



### RELAXATION

Truly relax and de-stress. Step into your peaceful wellness sanctuary and experience therapeutic heat and light energy that leave you feeling physically restored and mentally refreshed.



### SLEEP

Improve your sleep. The time you spend in your sauna can help you get better rest by creating a routine that supports relaxation and a healthy circadian rhythm you want to enjoy.



### TRADITIONAL SAUNA

- Heat 150-210°F
- More superficial heating
- Heat-induced sweat
- All about the sweat
- Uses heat stove as heat source
- High humidity



### INFRARED SAUNA

- Heat 110-140°F
- Body absorbs infrared deeply
- Infrared light-induced sweat
- Benefits of sweat AND light energy
- Uses infrared panels as heat source
- No humidity

[LEARN MORE ABOUT HEALTH BENEFITS](#)

# 3

HOW DO WE KNOW?

## Infrared is well researched.

It can be challenging to know what claims you can trust in the health and wellness space. Infrared has been researched for many years, and more and more studies are being done on its benefits and how it works.

Some of the first research on infrared's health benefits began in Japan in the early 1990s, when scientists first discovered infrared therapy called "waon" improved heart health in patients dealing with heart failure. About the same time, NASA researchers discovered additional benefits of infrared with light-emitting diodes (LEDs) and have used infrared to help astronauts stay healthy in space. That research inspired further research (more than 4,000 studies published in PubMed). Today, research includes using infrared to help with Alzheimer's, depression, and many other health areas.

**SUNLIGHTEN HAS ALWAYS BACKED OUR PRODUCTS WITH SCIENCE AND RESEARCH, AND VALUE THE ANECDOTAL EVIDENCE OF 20 YEARS EXPERIENCE.**

We conducted our own studies that prove our heaters increase core body temperature three degrees, that our heaters help temporarily lower blood pressure, and increase flexibility. We designed our mPulse model sauna programs to address specific health benefits based on 54 data points from 30+ studies on infrared and how it interacts with the body.

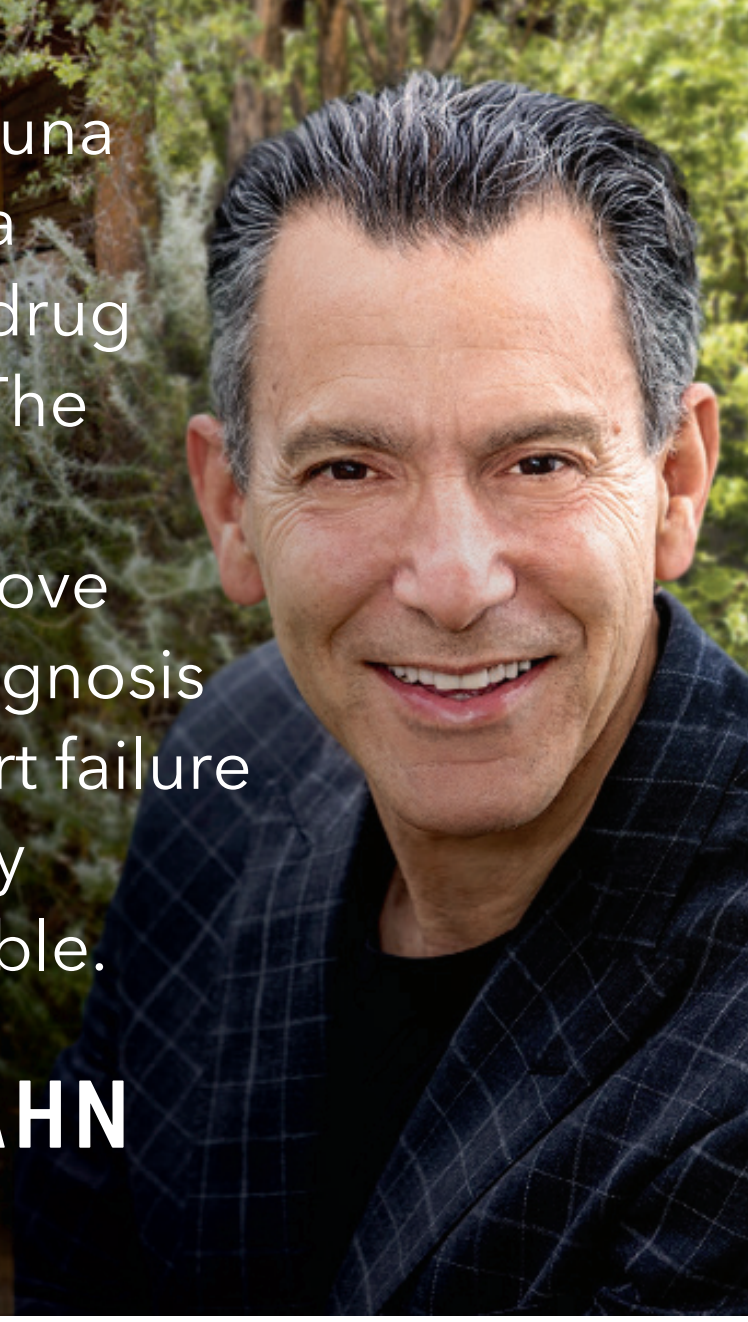
[VIEW MORE RESEARCH STUDIES](#)

# 4

WHO RECOMMENDS IT?


## Wellness experts use infrared saunas.

When you're ready to invest your time and energy in the next wellness activity, you want to know it's going to be effective and valuable. There are many experts who offer experienced insights and advice from an objective perspective. Sunlighten has been the trusted leader in infrared saunas for over 20 years, and many of our partners are medical professionals, fitness experts, and health consultants who speak from personal experience and expertise. We love to share their wisdom as you explore the value of infrared sauna for your health journey.



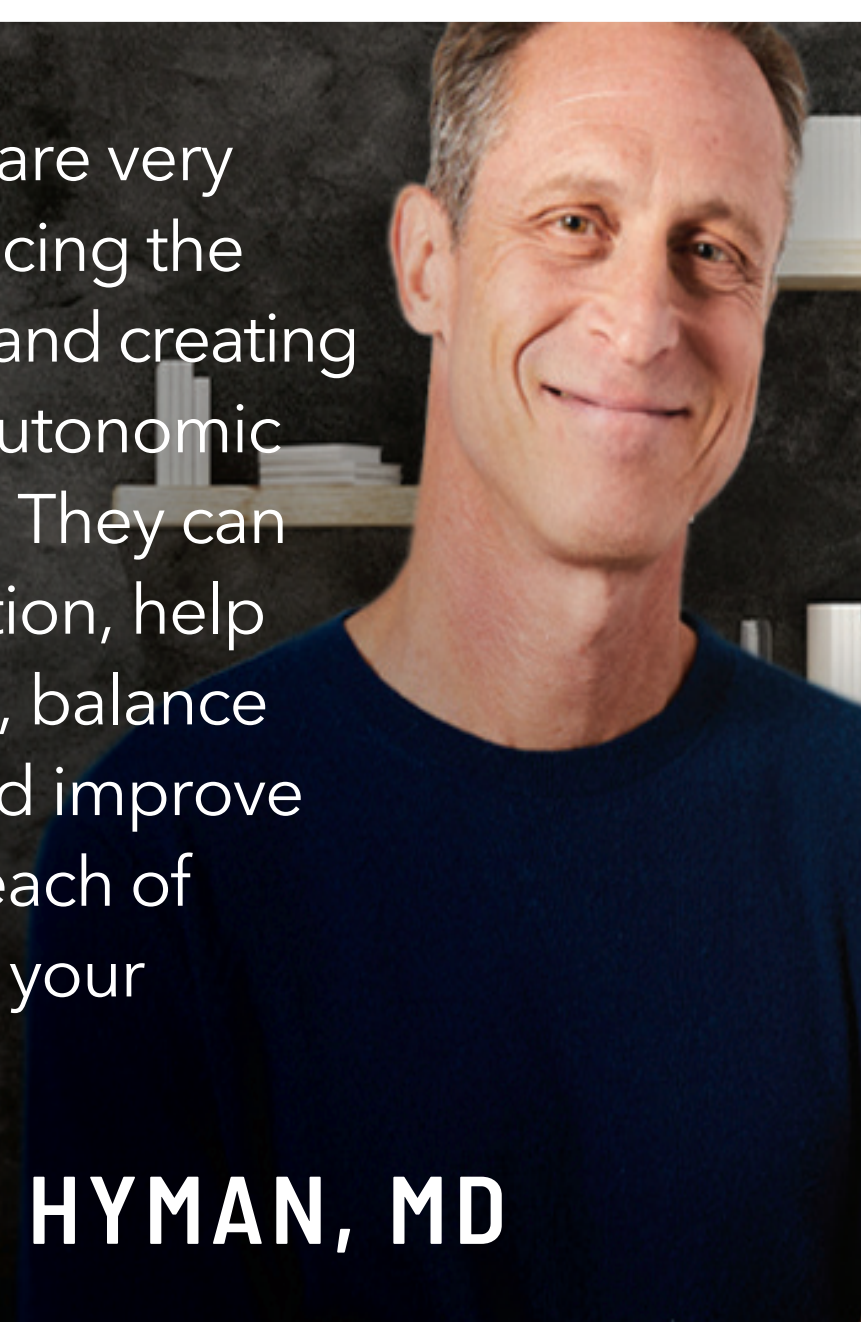
Full spectrum IR sauna therapy would be a multibillion dollar drug if it came in a pill. The ability to heal endothelium, improve symptoms and prognosis for congestive heart failure and coronary artery disease is remarkable.

**- DR. JOEL KAHN**



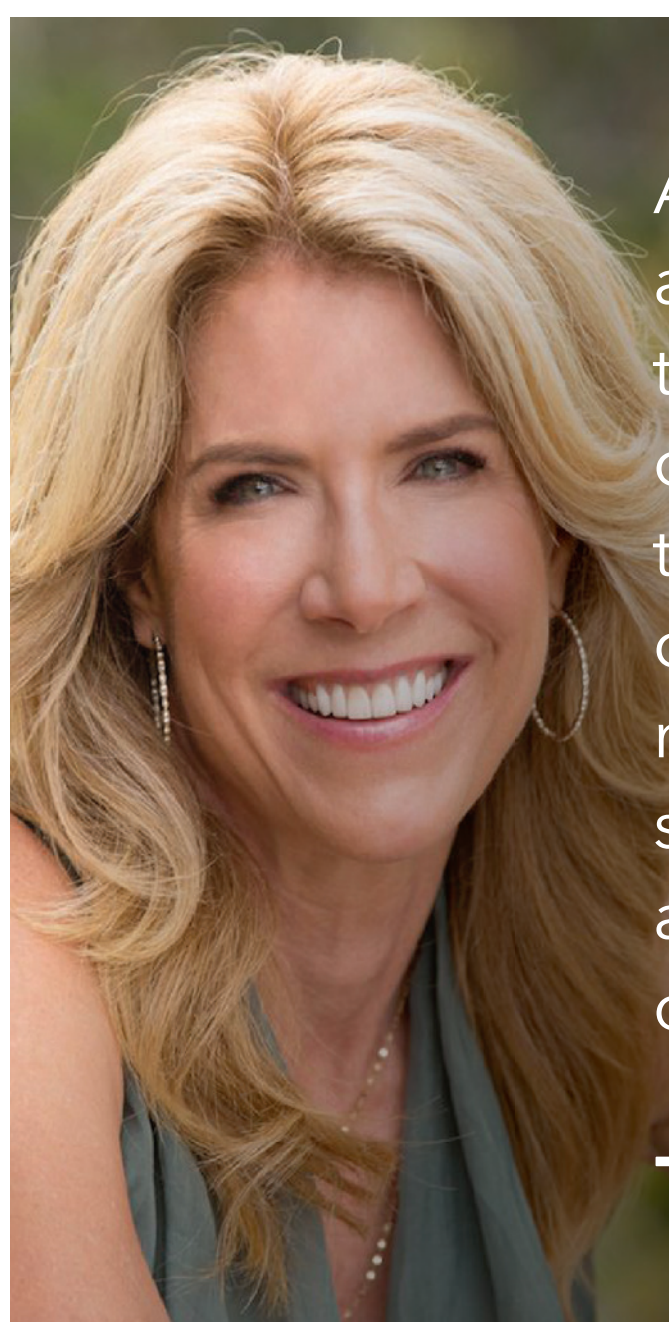
I've used my Sunlighten at least 500 times over the last few years. Every time I use it, I come out stronger, faster, thinner and happier. This is a really important biohack if you want to live a long time.

**- DAVE ASPREY**



Infrared saunas are very effective in reducing the stress response and creating balance in the autonomic nervous system. They can improve circulation, help with weight loss, balance blood sugar, and improve detoxification—each of which improves your brain function.

**- DR. MARK HYMAN, MD**



After careful research and speaking with trusted colleagues, I opted for a Sunlighten, the only brand clinically shown to raise core temperature so you burn more fat and more effectively detoxify.

**- JJ VIRGIN**

[SEE WHAT OTHERS SAY](#)

# SUNLIGHTEN'S 4 SAUNA OPTIONS



SOLO® SYSTEM



SIGNATURE® COLLECTION



AMPLIFY COLLECTION



MPULSE® COLLECTION