

Q What is an infrared sauna and how does it work?

A Heat and light energy are emitted to help relax and detoxify the body. Spiritualquest sauna uses Far Infrared (**FIR**) light to create a gentle heat that penetrates several inches deep into the tissue, activating cells. This causes the body to sweat and stimulates the metabolism.

How long is each session and how often should I use the sauna?

Q Studies showing the benefits of Far Infrared Sauna (**FIRS**) treatments typically have patients undergo daily or almost daily sessions that range from 15 to 30 minutes over a 2- to 4-week time period. After initial daily treatment, continued use is suggested at a frequency of 2 to 3 times per week for 15 to 30 minutes each session.

Q What does it feel like during the session?

A An infrared sauna emits very gentle heat due to the infrared light waves heating the body from within to produce sweating. Traditionally, this type of relaxed-state sweating has only been obtained by using a traditional wet-dry sauna that can feel suffocating and very uncomfortable. Patients report feeling relaxed during and after the **FIRS** session with reduction in symptoms

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For more information or to book your appointment:
Call (860) 535-4600
Located at
391 Norwich-Westerly RD
North Stonington, CT 06359

Prices
Infrared Sauna
15 Minutes-\$15
children/seniors
30 Minutes-\$30
45 Minutes-\$45

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Infrared Sauna Therapy

Begin enhancing your overall health today!
The infrared Sauna is beneficial for any patient suffering from:

- ❖ Weight Loss
- ❖ Arthritis
- ❖ Chronic Fatigue
- ❖ Poor Digestion
- ❖ Depression and Insomnia
- ❖ Chronic Muscle and Joint Pains
- ❖ Cardiovascular Disease

.....And More!

Health Benefits

LOWERS CHRONIC PAIN AND FATIGUE

Certain studies imply that significant pain reduction can be seen after 4 weeks of daily, 5 times per week FIRS sessions of at least 15 minutes each session.

IMPROVES HEART FUNCTION

Some patients undergoing FIRS treatment, have seen reduction of diastolic blood pressure, reduction in fasting blood glucose concentrations, and reduction in PVC's.

IMPROVES CIRCULATION

By elevating the temperature of subcutaneous layers of the body, the blood capillaries expand, stimulating blood circulation, which can promote healing and tissue regeneration.

IMPROVES DETOXIFICATION

By heating the tissue several inches deep, metabolic processes are enhanced. This restores inactive cells in the skin, our largest organ for elimination, which helps reduce our toxic load quite significantly. By sweating in a relaxed state, the body releases heavy metals and other toxins as well as kills off viruses and other microbes.

ENHANCES MOOD AND COMBATS SEASONAL AFFECTIVE DISORDER (SAD)

Warming the body increases blood flow and the release of beta-endorphins, which provides the brain and body with calming, therapeutic results. The (FIR) rays from the sauna mimic the benefits of natural sunlight and warm the body at a deeper level, naturally elevating mood and combating SAD.

REDUCES STRESS & IMPROVES SLEEP

In some cases patients using FIRS for 30 minutes doubled beta-endorphin levels in the blood. Beta-endorphins relieve pain, are anti-stress hormones, and may also produce a sense of well-being and euphoria. A reduction in stress hormones, coupled with an increase in serotonin, induces a deep relaxation that promotes better quality of sleep.

ASSISTS WITH WEIGHT LOSS

One 30-minute FIRS session can burn as many as 600 calories. The far infrared waves stimulate your metabolism, lower cortisol levels, and slightly raise growth hormone to help with weight loss.

REJUVENATES SKIN

Skin rejuvenation can occur when 2 basic things happen: improvement of the body's circulation and elimination of toxins from the pores of the skin. FIRS treatment accomplishes both of these. Patients have experienced improvement of the skin tone and a younger look and feel to their skin.



PREPARING FOR A SESSION

Drink plenty of water before, during, and after sauna use. Mineralized water is best for directly after your session.

While in the sauna, it is best to be wrapped in a towel. You may sit on a clean towel or wear a clean bathing suit. The Infrared light will not travel through heavy fabrics.

Remain inside the sauna 15 to 30 minutes at a time and rest for an additional 5 to 10 minutes afterwards. Beginners should start with 15 minutes and work up to 30.

Be prepared to sweat! Clean the skin of lotions, deodorants, makeup, or perfumes prior to your session. After your session, rinse the sweat and toxins off with a shower (warm or cool water), wet cloth, or towel prior to getting dressed.