



# The New Full-spectrum Infrared Sauna Revolution *Has Begun*

“**R**evolution,” of course, is a powerful word, one that should be reserved for movements leading to fundamental change. Yet, that’s what Sunlighten saunas have done. Broad-spectrum infrared saunas with Sunlighten Solocarbon technology have made them arguably one of the most important natural health therapies today.

Solocarbon Custom Spectrum is a heating technology with proprietary blends of wavelengths taken from the entire infrared spectrum. Within your unit is an advanced technology LED panel that delivers true infrared health benefits. You feel the comforting warmth you do on a bright sunny day without the harmful UV rays.



## **NEAR-INFRARED BENEFITS**

### **Cell Health, Muscle**

### **Recovery and Immunity**

Sunlighten’s research-backed near-infrared (NIR) heating technology can strengthen the immune system. In fact, a NASA study showed this same NIR therapy, delivered by LEDs deep into body tissue, can quadruple cell health and tissue growth.

### **Wound Healing**

Studies conducted by NASA concluded that NIR LED light significantly promotes faster cell regeneration, wound healing and human tissue growth. Human cell growth increased by 155 to 171 percent in some cases, and wound size decreased by 36 percent.

“Regardless of the extent of the injury, someone who regularly uses this type of sauna will recover faster,” explains Dr. Jeffrey Spencer, a sports medicine expert. “It doesn’t add additional stress to the body or the injury. It actually works with the body to heal.”

## **Skin Rejuvenation**

A study published in the *Journal of Cosmetic and Laser Therapy* showed significant improvements in skin appearance after just 12 weeks of sauna skin therapy using NIR technology. Participants experienced a reduction in wrinkles and crow’s-feet, as well as improved overall skin tone, including softness, smoothness, elasticity, clarity and firmness.

## **Pain Relief**

A Japanese study published in the journal *Internal Medicine* showed that chronic pain patients experienced a significant reduction in pain levels (nearly 70 percent) after the first session of infrared-sauna therapy. Pain scores also decreased significantly and remained low throughout the observation period. Researchers concluded that infrared-heat therapy is effective for chronic-pain treatment.

Additionally, a NASA study done by Dr. Harry Whelan with NIR heat determined that LED tech-

## **mPulse** from Sunlighten

Revolutionary, clinically backed heating customizable to your changing health needs

NEAR

MID

FAR



nology allows for deep penetration of tissue and increased cell growth from the inside. Sunlighten's mPulse series—with its Solocarbon Custom Spectrum heating technology—is the only sauna on the market that offers LED-based NIR heat at this proven level.

## MID-INFRARED BENEFITS

### Improved Circulation

As a health sauna, Sunlighten heats your muscles with infrared rays and produces an increase in blood flow similar to regular exercise. In fact, blood flow during infrared sauna use has been reported to rise from a normal rate of 5 to 7 quarts per minute to as much as 13 quarts per minute.

### Weight Loss

Results from a 2009 study indicated that Sunlighten saunas are beneficial for lowering weight and waist circumference in just a three-month period. And for those who are sedentary due to medical conditions such as osteoarthritis or cardiovascular or respiratory problems, results were even more profound.

Another study showed that 30-minute infrared sauna weight loss sessions can burn upward of 600 calories. With the use of an infrared sauna, there is a substantial increase in heart rate, cardiac output and metabolic rate, causing the body to burn more calories.

## FAR-INFRARED BENEFITS

### Detoxification

The far-infrared heat generated by a Sunlighten sauna produces sweat that carries nearly 20 percent toxins. In a traditional sauna, you can only expect up to three percent toxins. This incredible

detoxification is accomplished through Sunlighten's proprietary and highly efficient infrared heating technology. Sunlighten's heating technology is the only sauna heater clinically shown to actually raise core body temperature by two to three degrees (vs. simply heating the air around the body). As a result, regular usage of a Sunlighten sauna provides a truly deep, productive and detoxifying sweat at the cellular level, where toxins reside.

### Blood Pressure Reduction

In a 2005 clinical study by the University of Missouri-Kansas City, Sunlighten's Solocarbon heaters were shown to lower blood pressure through a program of 30-minute infrared sauna session three times per week. The study concluded that Sunlighten infrared-sauna therapy dilated blood vessels and reduced the volume of their inner lining, thus increasing circulation to promote healthy blood pressure.

### Relaxation

According to *New York Times* best-selling author and fitness expert Jorge Cruise—as well as many other health professionals—the more stressed you are, the more cortisol your body produces. Cortisol is a "fight or flight" hormone made in the adrenal glands that raises heart rate and blood pressure and leads to the deposit of excess calories in the midsection.

Scientific evidence also shows that infrared sauna therapy helps the body maintain healthy levels of cortisol. While cortisol levels stay the same or rise slightly during a sauna therapy session, they drop immediately afterward. In fact, Sunlighten saunas have been clinically shown to reduce both systolic and diastolic blood pressure with regular use. ■

References available at  
[www.healthylivingmag.com](http://www.healthylivingmag.com)

## NEAR INFRARED

- > Cell Health/Immunity
- > Wound Healing
- > Skin Rejuvenation
- > Pain Relief

## MID INFRARED

- > Pain Relief
- > Improved Circulation
- > Weight Loss

## FAR INFRARED

- > Pain Relief
- > Improved Circulation
- > Weight Loss

An infrared sauna can be yours for less than one latte a day. More information on Sunlighten's Solocarbon Custom Spectrum infrared technology can be found at [www.sunlighten.com](http://www.sunlighten.com), or call 877-292-0020. Call 877-292-0020 to talk to Sunlighten's experts today.

Follow Sunlighten at  
[www.twitter.com/sunlighten](http://www.twitter.com/sunlighten)  
[www.facebook.com/sunlighten](http://www.facebook.com/sunlighten)



**sunlighten™**  
empowering wellness™