

The Natural Way Health Clinic –Infrared Sauna Treatments

How do my sauna treatments work?

Check in with our administrative assistant who will introduce you to our sauna and get you started with your treatment. At the start of your sauna treatment, you will need to lock the door behind you, after hanging a treatment in progress sign on the door knob. In case of emergency, your Dr. is able to enter the room.

Your treatment will last for 30 minutes. You **must** wear your dry bathing suit at all times inside the sauna. Unless otherwise directed by your naturopathic doctor, you should follow your sauna treatments with a 30 second cold shower to enhance the effects of detoxification. You will not be supervised during your sauna treatment, but assistance will be made available to you at any time it is needed through the treatment. Also, you will be reminded of the 30 minute mark if you are not finished in time.

You will need:

- Your bathing suit
- You may also bring a book if you would like to read during your treatment. Our infrared sauna is equipped with an interior reading light.
- You can bring in your favourite cd to listen to, or ask our clinic administration for one of our soothing relaxation or meditation cds.
- **A towel will be provided for you**

For your comfort:

Inside the sauna is a temperature control panel so that you can decrease the temperature if needed. If you need to change the temperature by either raising or lowering it, please make sure to inform your practitioner or clinic administration at the end of your treatment so it can be recorded in your file and your treatment plan will be adjusted accordingly. The temperature and timer on the sauna will be set for you prior to your arrival.

No toxic veneers or paneling were used in the manufacturing of our infrared sauna. The high energy heater is safe and emits a wavelength of infrared rays that are closest to those of the human body, making them easily absorbed. An oxygen ionizer releases negative ions through the treatment to purify the air and further stimulate your relaxation.

History of Infrared Saunas

Saunas have been used throughout history in a variety of different cultures as an effective and natural means of healing the body.

- Chinese medicine has incorporated natural infrared rays for over 3000 years.
- In Finland saunas have been used for mental, spiritual and physical cleansing.
- Sweat lodges are a rich part of Native American tradition.
- German physicians have recommended whole body Infrared therapy for more than 80 years.

What is an Infrared Sauna?

A 2-25 micron infrared band is most therapeutic.

- An Infrared sauna, is a dry sauna that operates at a temperature of 30-60 °C compared to a traditional sauna which operates at 85-110 ° C. It provides a soft and dry heat allowing for comfortable breathing during a treatment.
- During an Infrared sauna treatment, rays of Infrared safely and comfortably penetrate the skin up to 2" deep. This Infrared penetration induces sweating (2-3 times more than conventional saunas) and allows for stimulation of your organs and deep tissues, and increased oxygenation of the body.
- The Natural Way Health Clinic offers an Infrared Sauna option that is natural, safe, and of a therapeutic nature.

Health Benefits:

Infrared sauna treatments offer a variety of health benefits. They are often recommended as part of a detox, weight loss program, or to relax the muscles before an acupuncture or massage treatment. Some of the positive benefits you can expect from an infrared sauna treatment include:

- **Detoxification**- The skin is the largest organ of your body. Through the act of sweating, the body is able to remove stored toxins including heavy metals, through the sweat glands. This can reduce the body burden of heavy metals (Mercury, lead, cadmium) as well as remove toxins from excess consumption of sodium, alcohol, and nicotine.
- **Weight loss** – a 30 minute sauna session can burn 300-500 calories. Infrared rays also have a “lipolysis” effect, which means they target, and breakdown fat cells (the storage site of most toxins). This is beneficial for both the detoxification process, and weight loss.
- **Cardiovascular** (Heart) health – Infrared therapy stimulates the circulation and is heart protective. As blood moves from internal organs to the skin, the heart rate and metabolism are also stimulated.
- **Natural pain relief** – Infrared therapy has been effective in providing pain relief for a variety of muscular-skeletal ailments, arthritis, fibromyalgia, headaches, rheumatism, muscle spasm, and bursitis. By improving circulation and oxygenation, pain is reduced and the healing process is speeded.
- **Relaxation & stress relief** – Infrared therapy promotes a rebalancing of hormones systems through the autonomic nervous system, thereby reducing the negative physiological impact of stress on the body. Treatments can also improve your mood, and help fight seasonal depression by triggering production of endorphins, a natural euphoric. Sauna treatments also relax and loosen the muscles making it an ideal treatment before a massage or acupuncture session.
- **Improved immune system** – Sauna treatments increase your core body temperature to create an artificial fever and thereby provide immune system benefit and strengthening. The temperature increase causes increased production of white blood cells (leukocytes and T cells) by the bone marrow and thymus.
- **Skin health** – Infrared therapy has been show to benefit several skin conditions such as: acne, psoriasis, and eczema.