

## FAST FACTS

# Infrared Sauna

## *Wavelengths of .7 -14 $\mu$ [micrometres]*

### What

A type of sauna that uses infrared heaters to emit infrared light, which is absorbed directly by the body's surface, instead of heating the air like traditional saunas. The heat generated by the infrared waves penetrates deep into the body's tissues, causing the body to sweat and release toxins.

The infrared waves are absorbed by the body's tissues, including muscles, joints, and organs, enabling the body to heat up from the inside out. This process is sometimes referred to as "deep heating". The heat generated by the infrared causes the body to sweat and release toxins, including heavy metals and other impurities.

Infrared saunas are believed to offer several other health benefits such as improved circulation, pain relief, relaxation, enhanced immune function and improved sleep.

### How it works

The heaters in the sauna emit invisible infrared waves of anywhere between .7 and 14 nanometres that penetrate the body's tissues, without significantly heating the surrounding air.

There are several types of infrared heaters used in saunas, including ceramic, carbon, and combination heaters. Each type of heater emits infrared waves at different frequencies (near, mid and far), which can affect the depth of penetration into the body's tissues. Each frequency has a different effect on the body.

### Learn more

[Sun Stream Infrared Saunas](#)

[Sunlighten](#)



### Pros

- Lower temperatures than traditional saunas, making them a more comfortable experience
- Accessibility. Many spaces and gyms now have infrared saunas available for use

### Cons

- Cost. To purchase a sauna is cost prohibitive for many
- Time. Any sauna, to get benefits, requires a minimum of 15+ minutes to affect change
- Heat related risks, as with any sauna. Those with heat intolerance, cardiovascular conditions, skin irritation or those whom are not appropriately hydrated, may need to use with caution

### Contraindications

Pregnancy, cardiovascular conditions, diabetes, skin conditions, certain medications, alcohol and drug use and dehydration.