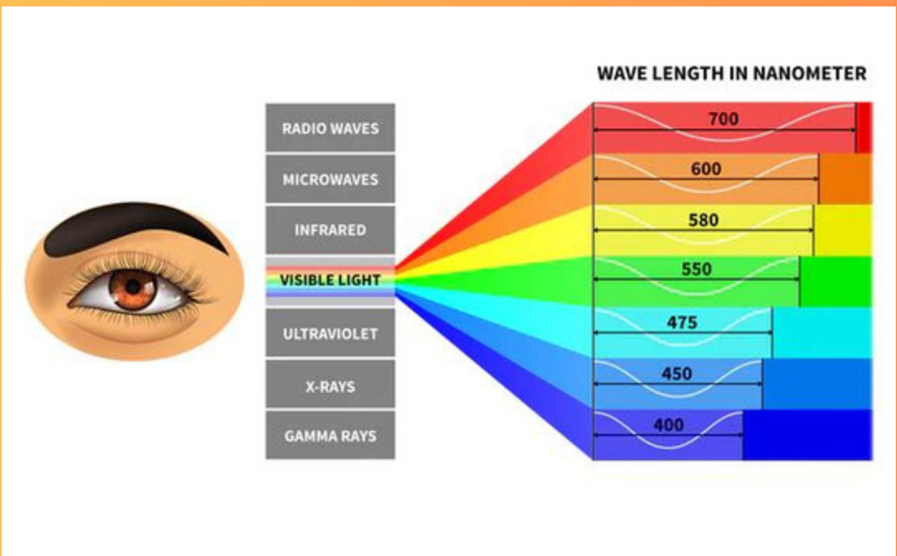


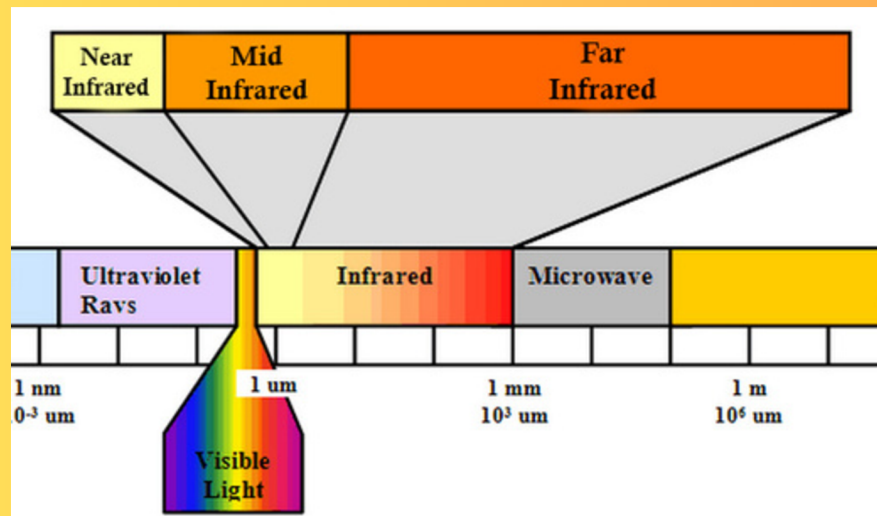
# Infrared Sauna Therapy is Not Red Light Therapy

## What is Red Light Therapy?

There are different levels of red light. Classification is based on the location of the wavelengths on the electromagnetic spectrum. The red light therapy spectrum begins with red light, progresses to near-infrared (NIR) light, and advances to infrared light. Light wavelengths are measured in nanometers (nm). One nm is equal to one-billionth of a meter. Red light does not create heat, is visible and penetrates 3/8 of an inch into your body, reaching the cells just below the skin.



## What is Infrared Light?



Far infrared light is an invisible spectrum of light. The visibility of near-infrared light (NIR) varies. It borders on the high end of the red light range and the low end of the infrared light range; therefore, NIR light is visible at the bottom of its range and invisible at the top of its range. Far infrared produces heat waves and can penetrate 1.5-2 inches into your body, reaching the fat cells.

## Benefits of Infrared Light Therapy



An infrared sauna is a wood-based room that heats the user directly with infrared rays that penetrate into the body 1.5-2".

- Produces dry heat
- Detoxification of chemicals & heavy metals
- Relaxation & stress relief
- Weight loss, burn between up to 600 calories per session
- Relief of joint pain and sore muscles
- Post workout recovery
- Improved blood circulation
- Reduces inflammation throughout the body

## Benefits of Red Light Therapy



Red light therapy is a visible low level of red light with non-heating rays that penetrate into the body about 3/8".

- Prevents lines and wrinkles
- Treats acne, scars and rosacea
- Short term sinus relief
- Relief of depression and anxiety
- Promotes hair growth
- Promotes healthy aging
- Repairs sun damaged skin
- Reduces stretch marks
- Promotes wound healing and tissue repair

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