

# HEALTH

## A more enjoyable and productive sweat.

Detoxification through sweat is a centuries old practice. Modern environmental medicine has proven that sweat is more than temperature regulation, it's also part of the body's elimination system. It's one of the best ways to detox your body.

Infrared offers a more enjoyable, pleasant experience. It warms the body from within instead of just heating the air around you. This provides a unique opportunity for health benefits beyond a traditional sauna:



Improve Sleep Quality



Sweat Out the Toxins



Boost the Immune System



Increase Metabolism & Burn Fat



Experience Bliss & Reduce Stress



Improve Heart Health



Reverse Aging & Renew Skin



Repair Muscles Faster

# BENEFITS



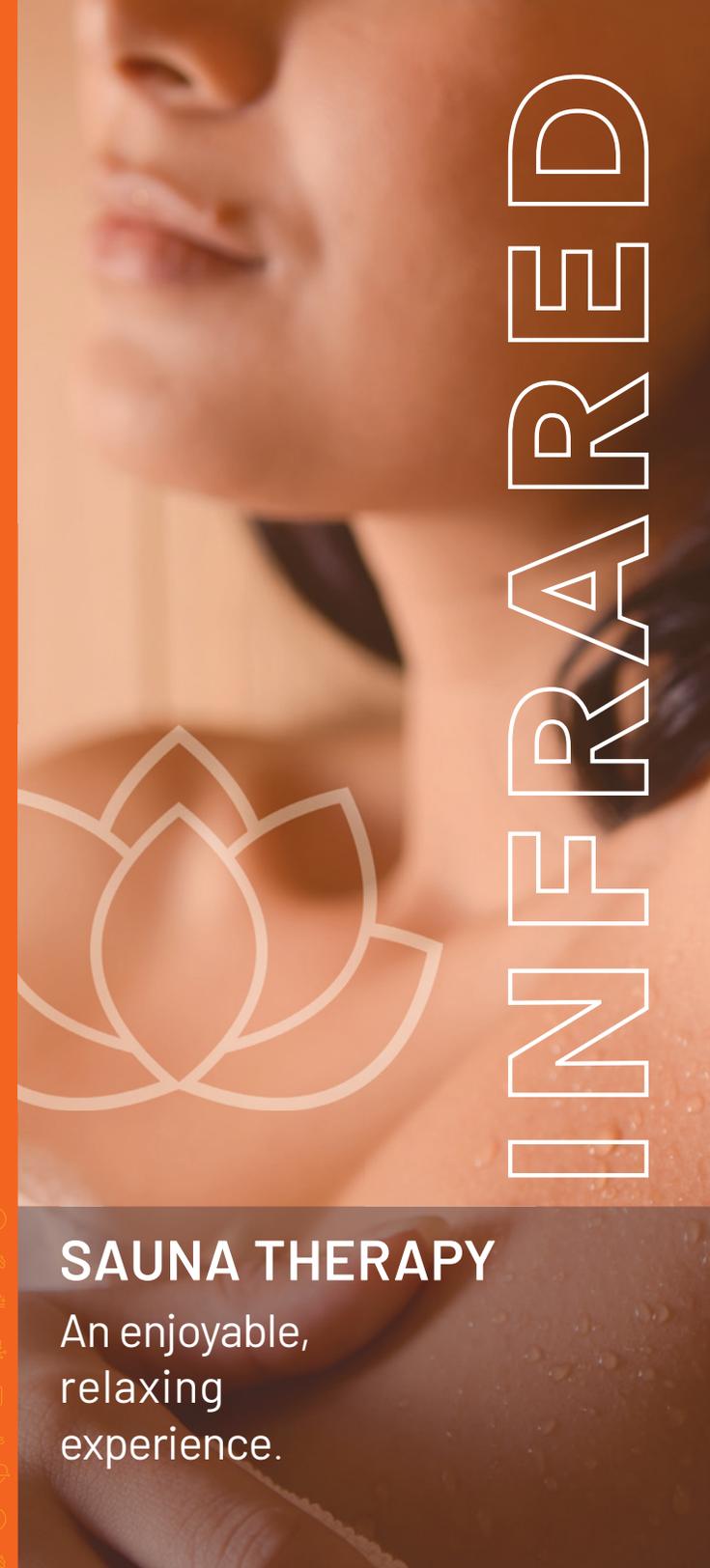
feel better. do more. live fully.  
[sunlighten.com](http://sunlighten.com)



# INFRARED

## SAUNA THERAPY

An enjoyable, relaxing experience.





PURIFY

## Feel beautiful. Youthful. Peaceful.

Looking good is all about feeling good and infrared sauna therapy helps. The skin health and anti-aging benefits of infrared light help you feel radiant and confident as they help improve overall skin tone, softness, smoothness, elasticity, clarity and firmness.

Infrared relaxes the body and mind, fights inflammation, and builds collagen and elastin. So, not only does your skin look better on the outside, you will also feel better from the inside.



BOOST IMMUNITY

## Feel better. Healthier. Stronger.

When you feel better, you can move better and do more. Infrared helps with healing through its pain relief and anti-inflammation benefits. The light penetrates the body and stimulates circulation, decreases inflammation, and provides relief from pain.

The deep detoxification infrared waves stimulating within the body are also known to help remove certain toxic heavy metals and other environmental toxins that cause debilitating symptoms. Infrared also boosts the immune system, helping the body stay healthy and ready to fight viruses and other illness.



RECOVER FASTER

## Feel restored. Revitalized. Rejuvenated.

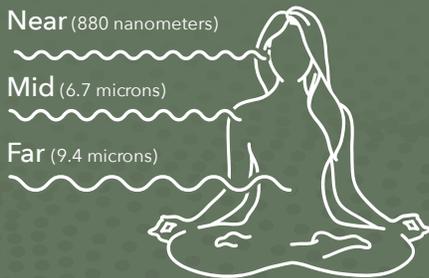
No one wants muscle soreness to slow them down. Whether you're a competitive athlete, a weekend golfer or simply trying to stay active, proper muscle recovery impacts your ability to keep doing what you love. Infrared sauna therapy penetrates muscles deeper, increases blood flow and helps the body recover faster so you can stay in the game of sports, and life.

Infrared light heats the body from within and penetrates the joints, muscles and tissues, increasing circulation and blood flow for proper healing. It accelerates recovery, helps build muscles, decreases inflammation, and increases flexibility.

Near (880 nanometers)

Mid (6.7 microns)

Far (9.4 microns)



Infrared is nature's healing light. Its healthy wavelengths deliver a gentle nudge to cells which stimulates plants to grow, cells to release toxins, and helps people feel better, do more, and live fully.