



Far Infrared Sauna **DETOXIFY, CLEANSE, REJUVENATE!**

Schedule a Consultation Today!

www.NextHealthMed.com • 703-724-4000

Overview

Unlike conventional saunas, which heat the air around the body, far infrared saunas heat the body directly through light. This results in a release of toxins more readily through the sweat pores because the body is heated from within.

Benefits

- Detoxifies
- Increases blood circulation
- Provides pain relief
- Raises the basal body temperature

Who is a Good Candidate?

- Patients with an increased risk of toxicity
- Competitive athletes
- People experiencing joint pain or inflammation

How to Prepare and What to Expect

- Drink plenty of fluid prior to arrival
- Wear loose clothes
- Bring an extra set of clothes to change into afterwards (private shower is available on-site)
- Sauna treatment lasts about 1 hour (does not include shower time)

The Research

<http://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/infrared-sauna/faq-20057954>