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Infrared Glow

by Dr. Rachel West

Everyone knows that taking a sauna is a relaxing and purifying experience, but the special technology used in an infrared sauna allows for remarkable dermatological and health benefits of all kinds. Infrared saunas are a great addition to any dermatologist's office or day spa, for their ability to induce weight-loss, clear-up troubled skin, relieve pain, and create total body relaxation.

At the Healing Center in Beverly Hills, we offer infrared sauna treatments several ways on our service menu: We have the 'Sweat Purification Session' for detoxification and renewal, the 'Body-Toning Session' for weight loss and cardiovascular health, the 'Infrared Glow Session' for healthy skin, the 'Unwind Session' for total body relaxation and the 'Soothing Warmth Session' for pain relief.

I have many clients who are 'addicted' to the positive healing benefits of infrared light therapy, and I have seen many people's health and appearance improve through the regular use of an infrared sauna. I get tons of 'Thank You' letters from people all over the world, with conditions ranging from chronic pain to problem skin, whose lives have changed for the better from the use of infrared light therapy.

**THESE INFRA-
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Besides all the wonderful benefits for our clients, we benefit as well.

Infrared heat therapy is a very profitable service offering that can generate \$29,600 per year based on a \$30 per session, 4-session per day ROI analysis. Of course, the fee charged can be tailored to suit each spa's particular clientele.

While conventional saunas use convection heat to warm the body, infrared saunas use solocarbon technology that produces infrared light—the same healing energy that is released naturally by the sun. This infrared heat penetrates deeply into the skin, joints, muscles and tissues, warming the body from the inside out.

Humans absorb plenty of infrared light on a daily basis. The heat that is felt on the body from sunlight, fire, a radiator

or even a warm sidewalk is actually infrared heat. This infrared light is essential for all life forms on earth, since it is responsible for maintaining the warm temperature in the atmosphere.



Infrared waves lie between the visible wavelengths and electromagnetic microwaves in the spectrum of light. The particular infrared light used in infrared saunas vibrates at the same frequency as water molecules, around 9.7 microns. Since the human body is composed mostly of water, these infrared light waves are absorbed into the skin and cause an activation of thermal energy, so that a

heat sensation is produced.

Thus any object that is comprised of water, and is deflected by any substance that lacks water absorbs infrared light. The air and wood within an infrared sauna stays relatively cool while the body temperature rises.



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To be exact, the temperature in an infrared sauna remains 60 to 80 degrees lower than in a conventional sauna. The super-hot convection heat used in a conventional sauna can irritate and dry out the skin. On the other hand, the low-heat sweating that occurs in an infrared sauna helps the skin to stay moisturized and supple.

While the infrared light penetrates into the body, it stimulates water molecules by vibrating at a similar frequency. Therefore, the excess water stored deep in the body's cells is released through a process of osmosis along with excess toxins.

Saunas have been recommended by health professionals for years as a means to detoxify, because of the intense sweat that is produced. But, the sweat that is released in conventional saunas is just the body's normal sweat response to a high external temperature. This sweat is released solely from the sweat glands, which expel water from the bloodstream in order to try and cool the body.

In contrast, the sweat produced in infrared saunas is comprised of water and toxins that have been stagnant in the body's cells for years. All kinds of environmental pollutants, heavy metals and cellular waste are finally able to be dispelled through the use of infrared heat.

Seattle-based neurologist, Dr. Dietrich Klinghardt, conducted a study to find just how dramatic the difference in detoxification is between conventional and infrared saunas. Lab results showed that the sweat of people using a conventional sauna was 95-97 percent water while the sweat of those using an infrared thermal system was 80-85 percent water, the non-water portion being cholesterol, fat-soluble toxins, toxic heavy metals, sulfuric acid, sodium, ammonia and uric acid.

While infrared light resonates with all the body's cells, it has a particularly stimulating effect on the circulatory system. In an infrared sauna, the blood vessels dilate and the heart begins to beat more vigorously, causing a cleansing of the circulatory system and greater oxygenation of the body's cells.

This increased circulation and detoxification does wonders for the skin. When the body's blood circulates more freely, more toxins are able to flow to the surface of the skin, thereby, clearing the pores and providing the skin with relief from skin problems such as acne and blackheads. The more that toxins are expelled

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from the body, the more the skin takes on a healthy glow.

Infrared heat has also been shown to reduce pain, even in chronic pain states, two complementary processes accomplish this. First, the lymph system is stimulated to expel any excess water, thus reducing swelling and

inflammation. Next, is the soothing effect that infrared light has on the nervous system. The warm vibrations of infrared light waves soothe aggravated sensory neurons that act as relay messengers for pain signals.

Doctor Peter Vicente, former president of the American Pain Society and Clinical Health Psychologists, says that "Through new clinical research, we have found that heat activates complex neurological, vascular, and metabolic mechanisms to mediate the transmission of pain signals and effectively provide relief for a variety of pain conditions."

Studies have shown that a heat treatment is quite beneficial for relief of arthritis, strains, and chronic pain states. In fact,

one study by the New Jersey Medical School found that heat was more effective in treating low back pain than oral pain medication. In 1998, the FDA approved the use of infrared light therapy as a means for relief of muscle aches and pains.

To top it off, infrared saunas also make for a leaner figure, and the inches lost are not simply water weight. As reported by the Journal of American College of Cardiology, infrared saunas are a wonderful tool to support weight loss. Calculated by the amount of increase in heart rate, a 30-minute session in an infrared sauna burns approximately 280-285 calories. Also, noted in this article is the great cardiovascular workout one gets in an infrared sauna and the positive effects on the heart. An infrared sauna treatment significantly lowers blood pressure, lowers blood sugar, increases circulation, lowers cholesterol, and reduces triglycerides.

"Many of us who run do so to place a demand on our cardiovascular system, not to build big leg muscles," says Dr. Jones in the Journal of the American Medical Association. "Regular use of a sauna imparts a similar stress on the cardiovascular system, and its regular use may be as effective a means of cardiovascular conditioning and burning of calories as regular exercise."

Infrared light makes for a happy heart, a cleaner system, a healthy glow, a pain-free lifestyle, and a leaner figure. Health professionals have recommended infrared therapy to treat heart disease, stroke, high and low blood pressure, hypertension, high cholesterol, fibromyalgia, chronic fatigue syndrome, heavy metal toxicity, arthritis, obesity, chronic back pain, skin disorders, allergies, anxiety, poor circulation, and more.

***Dr. Rachel West** is the international spokesperson for Sunlight Saunas a company that produces and distributes infrared saunas. She is an Osteopath and Family Practice Physician with offices in Beverly Hills and Santa Monica, California. Dr. West's practice integrates conventional medicine with alternative therapies such as homeopathy, cranial-sacral work, Iyengar yoga and biodynamic osteopathic manipulation. As a family practitioner, Dr. West specializes in chronic disease, chronic pain states, women's health and childhood Autism. She may be reached at (323) 866-1808.*



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