



## River Rock Massage Therapy Clinic

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**What is an Infrared Sauna?** Unlike traditional saunas which use heat to warm the air and subsequently your body, infrared saunas utilize infrared light waves to directly penetrate and heat the body. These waves, a part of the sun's invisible spectrum, are capable of penetrating deep into the skin, offering a myriad of health benefits.

### Benefits of Infrared Sauna Therapy

1. **Detoxification:** Infrared saunas help your body release a number of toxins, including heavy metals like mercury and lead, and environmental chemicals. Sweating at the cellular level aids in detoxifying the body.
2. **Pain Relief:** Those who suffer from chronic pain, muscle aches, or joint pain have found relief through infrared sauna treatments. The deep heat helps peripheral blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries.
3. **Weight Loss:** An infrared sauna session can help burn up to 600 calories! As the body works to cool itself during the session, there's a substantial increase in heart rate, cardiac output, and metabolic rate.
4. **Improved Circulation:** Regular infrared sauna sessions can stimulate blood flow, improve muscle recovery, and decrease pain and inflammation post-exercise.
5. **Skin Rejuvenation:** Infrared wavelengths rejuvenate the skin by boosting collagen production, leading to smoother and younger-looking skin. It also helps in reducing cellulite, unclogging pores, and improving overall skin health.
6. **Relaxation:** Infrared sauna therapy promotes relaxation by helping to balance your body's level of cortisol, the primary stress hormone. The gentle heat also aids in muscle relaxation and balancing the mind.
7. **Boosted Immune System:** The warmth raises the core body temperature, inducing an artificial fever, and as a result, the body's immune system is stimulated.
8. **Heart Health:** Regular use can be a means of cardiovascular conditioning. The increased circulation and elevated heart rate offer benefits similar to a moderate workout.

**Chromotherapy:** Color light therapy can benefit your wellbeing. Chromotherapy of Color Light Therapy is the science that uses the seven colors of the light spectrum. The seven colors have the ability to affect the vibrations of the body various frequencies. For optimal health, we all need the light of the sun. We receive light from the sun which is divided into 7 main groups of rays which are absorbed by our bodies.

Chromotherapy works on various energy points to help balance using the full spectrum of visible light, Color and light have been utilized by healers for thousands of years. Color therapy possibly has roots in Ayurveda, ancient Egyptian culture, and traditional Chinese healing.

Alternative medicine practitioners who use chromotherapy often relate the seven colors of the color spectrum to specific body areas. Color has a profound effect on us on all levels, physical, mental, emotional and spiritual.

The available color in the chromotherapy light have been specifically selected based on their wavelengths.

1. **Red:** Activate the circulatory and nervous system.
2. **Strong Green:** Provides anti-infectious, anti-septic and regenerative stimulation.
3. **Strong Blue:** Lubricated joints. Helps address infections, stress, nervous tension.
4. **Orange:** Energized and eliminates localized fat. Helps address asthma and bronchitis.
5. **Green:** Acts as a relaxant
6. **Blue:** Stimulates muscle and skin cells, nerves
7. **Strong Yellow:** Strengths the body and acts on internal tissue
8. **Strong Indigo:** helps address eye inflammation, cataracts, glaucoma and ocular fatigue.
9. **Strong Pink:** Act as a cleanser, strengthening the veins and arteries.
10. **Yellow:** Reactivates and purifies the skin. Helps with indigestion and bodily stress.
11. **Indigo:** Activates and eliminates impurities from the blood stream
12. **Violet:** Relaxes the nerves and lymphatic system. Addresses inflammation and urinary illness.

## Considerations

- **Stay Hydrated:** It's essential to drink water before, during, and after your sauna session to keep your body hydrated.
- **Limit Session Time:** For beginners, start with 15-20 minutes and gradually increase the time. Most sessions last 30-40 minutes.
- **Listen to Your Body:** If you feel dizzy or light-headed, it's essential to end your session and cool down.
- **Consultation:** Individuals with medical conditions or those taking medications should consult with a healthcare professional before using an infrared sauna.

**Why River Rock Massage Therapy Booth?** Our state-of-the-art infrared sauna offers a tranquil, therapeutic experience, ensuring safety, cleanliness, and utmost relaxation. Our team is trained and knowledgeable, ready to guide you for the most beneficial and rejuvenating experience.

*Visit the River Rock Massage Therapy Booth today to experience the magic of infrared sauna and embark on a journey to holistic wellness.*

## Tips for use:

1. Opening the roof vent and/or door allows fresh air to enter the sauna.
2. Drink liquids prior to and after your session
3. Towel off during your session. This will help the body perspire more freely.
4. To relieve sore and tight muscles massage these areas for faster healing and effectiveness.
5. Oil and lotions tend to decrease perspiration by blocking pores. Apply these after your session for best results.
6. Some minerals can be lost in perspiration. Eating a sensible diet including fruits and green leafy vegetables will replace these. Supplements can also be taken to replenish minerals.
7. Limit food intake an hour before your sauna session. Your body will be able to detox more effectively because it will not be using the energy for digestion.
8. Taking a shower or bath before a sauna session tends to increase perspiration as bathing opens up pores.
9. Use at least 2-3 towels for maximum comfort. Use the towels to absorb extra perspiration.
10. At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of the virus. Consult your physician for the proper treatment for this, or any other condition.
11. As you become more heat conditioned, you may wish to increase the length of your sauna session to 40 minutes. This is especially useful for soft tissue therapy. (Make sure to drink fluids throughout your sauna session.
12. If you notice any drying of your skin with ongoing use of the sauna or wish to maximize the detoxification benefits from your Sauna, it is suggested that you obtain the best quality oil available (ie. Expeller pressed oil, such as Organic Canola Oil or Organic Coconut oil are very good). Add 2-4 tablespoons a day to your diet. The essential oils in these products are needed for skin health and allow the body to let go of stored toxins, fat and cholesterol.