

Infrared Sauna Blanket Treatments

BENEFITS OF INFRARED SAUNA BLANKET



AFTER 15 MINUTES

YOU START TO FEEL RELAXED AS YOUR BODY WARMS UP AND YOUR MIND SWITCHES OFF. YOU WILL BEGIN TO FEEL AS THOUGH YOU ARE ENTERING INTO A DEEP MEDITATIVE REST.

AFTER 30 MINUTES

THIS IS WHEN THE HEAT STARTS TO KICK IN & YOU MAY BEGIN TO SWEAT. YOUR BODY WILL BE BURNING CALORIES, MUCH LIKE A MIMETIC FOR EXERCISE.



AFTER 45 MINUTES

YOUR BODY WILL START TO EXPERIENCE THE FULL BENEFITS OF INFRARED, INCLUDING MUSCLE REJUVENATION, SWEATING OUT IMPURITIES AND FULL BODY RELAXATION.

AFTER 60 MINUTES

YOU WILL HAVE ENTERED A STATE OF HORMESIS AS YOUR BODY & MIND IS REJUVENATED. YOU WILL FEEL CALM, YET RE-ENERGIZED WITH THE EFFECT LASTING THROUGHOUT THE DAY.

