

WHAT IS FAR INFRARED THERAPY AND HOW IT WORKS

Far infrared energy (FIR) is a part of the natural light spectrum minus the UV element that can damage the skin. When FIR energy penetrates through the skin it transforms from light energy to heat energy and elevates the temperature of the subcutaneous layers.

Far infrared therapy provides two factors that are essential for good health: cellular detoxification and good circulation. The health of the whole system depends on the movement of blood and energy throughout.

Detoxification and good circulation result in adequate exchange of nutrients into cells.

Far infrared therapy offer many of the benefits of exercise while requiring much less exertion. Far infrared therapy also stimulates cells to release toxins, which can then be eliminated by the liver and bowel. By dilating blood vessels and penetrating deeply into the body, the Far infrared therapy increases and strengthens circulation without causing any stress on the system.

The infrared therapy makes it possible for people who are otherwise unable to exert themselves or who do not follow through on an exercising and conditioning program to achieve a cardiovascular training effect.

Cellulite is a gel-like substance made up of fat, water and wastes which are trapped in pockets below the skin. Profuse sweating, induced by the infrared sauna, can assist in eliminating this unwanted debris from the body. In Asia and Europe FIR has already revolutionized health and beauty products. Infrared energy is not only safe, but also highly beneficial for our bodies.

Sessions are up to 45 mins. in length, and can burn up to 1400 calories per session. We suggest following your FAR Infrared wrap with the Vacu-Sage Cellulite therapy to break down the cellulite at a faster rate.

INFRARED BODY WRAP BENEFITES

There are many therapeutic benefits of an infrared body wrap. They are no particular order, as they are all important.

Infrared helps the reduction of cellulite (fatty clogged, water logged tissue), and promotes weight loss by helping to breakdown fat. By helping the body to burn many calories per infrared body wrap session, it is revving the metabolism with the calorie burn and, therefore, supports the body fat reduction which leads to weight loss.

Because infrared heating the body from the inside to outside of about 1 ½ – 2 inches deep into the skin, an infrared body wrap encourages detoxification of accumulated toxins and metabolic waste through sweating.

It is important to drink water before and during the infrared body wrap and to replenish electrolytes after using infrared because the infrared body wrap can help the body rid itself of excess fluids that prevent the body functioning at its optimal levels.

Using infrared improves circulation, cleanses and tones, as well as improves the skin's elasticity.

Did You Know??

According to the Journal of the American Medical Association, in a single infrared wrap session you may burn as many calories as you would rowing or jogging for 30 minutes! The heat that it creates will increase your metabolism for the next 24 - 36 hours!! So basically you burn calories not only during your wrap, but for at least a day and a half afterwards!!



How does an infrared body wrap help to reduce Cellulite?

Cellulite is a gel-like substance made up of fat, water and wastes which are trapped in pockets below the skin. Toxins accumulate in the body during modern daily living and the body eliminates most toxins naturally by sweating but the process is sometimes too slow. Infrared can assist this condition, as infrared heat therapy stimulates the sweat glands that cleanse and detoxify the skin. The infrared heat technology simply speeds up the body's natural process.

How does an Infrared Body Wrap Help with Weight Loss?

An Infrared Body Wrap emit Far Infrared Rays and this heat therapy can aid in weight loss by speeding up the metabolic process of vital organs and endocrine glands, resulting in substantial caloric loss in one body wrap session. Sweating is part of the complex thermoregulatory process of the body that increases the heart rate, cardiac output, and metabolic rate. The process requires a large amount of energy and reduces excess moisture, salt and subcutaneous fat. Fat becomes water soluble at 110 degrees Fahrenheit and then allows the body to sweat out fats and toxins.



Proper Hydration is perhaps the most important aspect of any cellulite treatment. The body must be hydrated to flush any toxins from the body. A gallon of water should be consumed daily to see the most dramatic results! Remember that soda, juices, and coffee require the body to process sugar and caffeine and will dehydrate the body.

As every individual is different, fat loss from an infrared body wrap will depend upon the physiological make-up of that person. So the greater the excess weight someone has, the faster and more dramatic results will be seen. Some people may not experience a great weight loss, but will see an improved body appearance by losing inches or dress sizes. Extremely physically fit people that don't carry excess weight or inches can experience much improved muscle tone. The more physically active a person is, the greater the benefits that can be achieved from an infrared body wrap. A less active person may take longer to see results as their body must grow accustomed to the infrared body wrap heat therapy.

How often can I get an infrared wrap treatment?

This will depend on a person's lifestyle. If a person is very physically active undertaking significant walking, jogging, working out, or competitive sports, the infrared heat therapy can be used as often as every 2 days. For best results it is preferable right before a workout as this will help burn the most dramatic amount of calories and also has maximum impact on body definition. With relatively physically inactive people, a minimum of 3 days between sessions is recommended. More regular sessions are unnecessary and may actually be detrimental to results. Upon reaching the intended body shape, it is possible to revert to a maintenance only schedule, which for most people, should be around 2 – 4 times.

