

FIR (Far Infrared Rays) SAUNA DOME

IN ONE 30 MINUTE SESSION YOU CAN:

- Burn 600 calories = 2 hours in a gym
- Lose up to 500 grams

BENEFITS:

The Sauna Dome benefits are immediate and amazing! Regular sports take time and always carry the risk of injury. While active exercise and balanced diet are excellent for good health, an equally good substitute – the amazing new Sauna Dome – lets you stay healthy in pleasant and relaxing way. Soft, soothing Far Infrared heat helps receive the all-round ‘training effect’ (30 minute Session = 10km run).

- Detoxification - Increased Blood Circulation
- Cardiovascular Conditioning
- Lowers Blood Pressure
- Lowers Cholesterol
- Lowers Triglycerides
- Burn Calories & Weight Control
- Improved Muscle Tone and Strength - Body Shaping
- Athletic Performance - Increased Energy levels
- Immune System Enhancement
- Stress and Fatigue Reduction / Rejuvenation
- Clears Cellulite
- Relieves Muscle Spasm, Body Pain, Joint Pain and Stiffness
- Treats Rheumatoid Arthritis
- Skin Cleansing
- Control Diabetes
- Beneficial for Bed-Ridden or Wheel Chair Bound Users
- Reduce histamine, which triggers hay fever.
- Affect levels of serotonin, a neuro hormone associated with anxiety, stress and migraine.
- Beneficial effect on anyone suffering from bronchial complaints such as bronchitis asthma, catarrh and the common cold.
- Help sufferers of insomnia, migraine, emphysema, eczema, headaches, tiredness, and general feelings of malaise.
- Increase the speed and quality of healing of burns and surgical incisions with less cross infection and reduced pain.
- Enhance the body’s absorption and utilization of oxygen, thus assisting concentration and alertness.
- Reduce the effects of passive smoking, and allergies to pollen, dust and pets.



Important – Please read!!!

DETAILED INFORMATION

Our Sauna Dome works with FIR (Far Infrared Rays) - invisible light that was discovered by a scientist named Sir William Herschel in 1800 while he was carrying out research; when he found that they are a spectrum of sunlight. Far Infrared Energy is absorbed very easily by the human body and helps in all aspects of bodily growth and development. It is very healing and rejuvenating. It energizes the cells, inner tissues, glands, nerves and organs beneath the skin.

Among the total spectrum of solar rays coming from the sun, the Body Sculpting Bed is the safest and the most beneficial. For example, the visible light spectrum, with very short wavelengths, is reflected away from the body. When near infrared (NIR) wave's heat organic substances the surface gets hotter than the interior, and conduction from the surface heats the interior. By contrast, far-infrared penetrates deeply with a very uniform warming effect.

How does the System Work?

The intensity of FIR produced by the human body constantly fluctuates. When its intensity is high, we feel healthy and are able to overcome ailments. When the FIR begins to decline, we are subject to attacks of illness and tend to age more quickly.

FIR stimulates cellular metabolism which increases the body's regenerative ability and helps restore the proper function of the nervous system. When any tissue in the body is exposed to FIR the body's healing processes are activated. Studies suggest FIR helps to maintain general health and prevent disease. FIR is capable of penetrating deep into the human body, gently expanding capillaries and stimulating blood circulation. So FIR stimulates the production of cell tissue and rapidly promotes the regeneration of skin and blood tissue.

It helps relieve chronic fatigue, stress, nervous tension, toxicity, arthritis, insomnia, rheumatism, pain, high cholesterol levels, diabetes, back problems, muscle pain, abnormal nerve function, sports injuries, respiratory ailments, digestive disorders, poor circulation, viruses, and much more. It also helps with the excretion of harmful substances such as heavy metals; it stimulates enzyme activity in the body and reduces acidity.

It aids detoxification, improves metabolism, boosts the immune system, eliminates waste from the body, improves lymph drainage, prevents the growth of bacteria and much more.

The Body Sculpting Bed is like a sleeping bag that you get inside. Unlike the Body Sculpting Bed cabinets, that have three FIR panels in them, the blanket is 100% FIR giving you a much more successful detox.

What are the benefits of the Body Sculpting Bed?

Body Sculpting Bed benefits are immediate and amazing! Regular sports take time and always carry the risk of injury. While active exercise and balanced diet are excellent for good health, an equally good substitute – the amazing new Body Sculpting Bed – lets you stay healthy in pleasant and relaxing way. Soft, soothing Far Infrared heat helps receive the all-round 'training effect' (30 minute Body Sculpting Bed = 10km run) while reading, watching TV, talking on phone, listening to your favourite music or simply relaxing in the comfort of sauna-in-spa™.

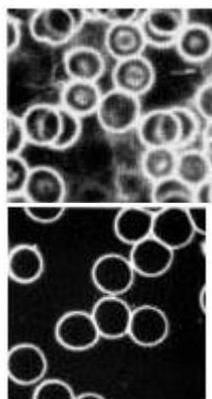
Detoxification - Increased Blood Circulation

Body Sculpting Bed is thought to be seven times more effective at detoxifying heavy metals as opposed to conventional heat or steam saunas. Modern diseases are result environmental pollutants. Studies have confirmed that diet and environmental chemicals cause 95% of cancers. They are absorbed into our body through food containing additives, antiseptics, agriculture chemicals etc. The United States Food and Drug Administration (FDA) have found that sweating is one of the most effective ways to expel these chemical and heavy metal toxins from our body. 'Incurable' chronic diseases that were thought to have no known

cause often disappear once toxin chemicals are gone. Since our Body Sculpting Bed is the safest, most efficacious and economical way of depurating stored toxins; this makes it a household necessity.

Our body reacts to the increased FIR heating through the natural cooling process of perspiring. Increased blood circulation stimulates the sweat glands, releasing built-up toxins and waste.

Through the perspiration process, acid and waste residue like toxins, sodium, alcohol, nicotine, cholesterol, urea and the potentially carcinogenic heavy metals (mercury, zinc, lead, nickel, cadmium) are removed from the cells.



BEFORE TREATMENT:

Cells are clumped together are not able to move freely or oxygenate correctly, indicating health problems.

AFTER TREATMENT:

Cells are perfectly round in shape, separated and free from each other indicating healthy body.

- **Cardiovascular Conditioning**
- **Lowers Blood Pressure**
- **Lowers Cholesterol**
- **Lowers Triglycerides**

The body responds to the deep heating effect of the FIR via a hypothalamic-induced increase in both heart volume and rate. As body increases sweat production to cool itself, the heart works harder pumping blood at a greater rate to boost circulation, supplying the conditioning benefits of a continuous exercise. Heart rate, cardiac output and metabolic rate increases, while diastolic blood pressure drops, for improved overall cardiovascular fitness. The lower FIR temperature ranges are found to be very safe for those with cardiovascular risk. This conditioning has even greater benefit to those who are unable to exercise. Thus, our FIR saunas will provide overall, systematic treatment of muscles, joints, and body especially for areas often not regularly addressed through movement and exercising. 'Passive exercise' of FIR Saunas results in significant lowering of blood pressure, cholesterol and triglycerides.

"Regular use of a sauna...may be as effective as a means of cardiovascular conditioning and burning and burning of calories as regular exercise." *Journal of the American Medical Association 8/7/1981*

- **Burn Calories & Weight Control**
- **Improved Muscle Tone and Strength**
- **Body Shaping**
- **Increased Energy levels**



Although weight loss from perspiration is quickly regained by re-hydration with water, the FIR effect of sending more blood to the capillaries and converting fats results more than 600 calories burnt in just one 30 minute session – the equivalent of running 10-15 km. As our body expends energy to produce sweat (1gm. sweat requires 0.586 kcal), a moderately conditioned person can easily sweat off up to 1000 gm or more in a Body Sculpting Bed session.

Further, when heavy metals are reduced, the metabolic imbalances that were causing poor digestion and weight gain will be corrected. Also, lipophilic toxins stored in fat are decreased making it easier for weight loss.

Because fat becomes water soluble at 110°F, subcutaneous fat can be released along with the sweat and toxins. The Body Sculpting Bed is especially valuable system for those who don't exercise and those who

cannot exercise yet want an effective weight control and fitness program, giving them the benefits that regular exercise brings. With Infrared Therapy, result is immediate. The infrared Body Sculpting Bed will carve out a younger, taut and shapely, fit body with a boost of energy level at a new high.

Table showing calories burnt by a 150-pound adult in thirty minutes of exercise:

SPORTS	CALORIES
Rowing (Peak effort)	600
Marathon Running	593
Swimming (Crawl)	300
Jogging	300
Tennis (fast game)	265
Cycling (10 mph)	225
Golfing (without cart)	150
Walking (3.5 mph)	150
Bowling	120

Production of white blood cells by the bone marrow and killer T cells by the thymus. The overall result is immune system enhancement.

- **Immune System Enhancement**

A typical Body Sculpting Bed session will cause a brief 1 to 3°F increase in body temperature. As the body works to combat this ‘artificial fever’ the body’s immune system is strengthened. This helps in body’s defence against bacteria, microbes and consequent infection. This phenomenon also helps trigger the production of white blood cells by the bone marrow and killer T cells by the thymus. The overall result is immune system enhancement.

- **Rejuvenation**
- **Stress and Fatigue Reduction**

The most immediate relief offered by the Body Sculpting Bed is simple relaxation, as it melts away the stress and tension of urban life. Dilated capillaries lead to improved blood circulation resulting in reduced stress levels. Just a few minutes in the gentle warmth of Body Sculpting Bed will give you an overall massaging effect, soothing jangled nerves and knotted muscles. The user will feel rejuvenated and renewed, restored in both body and mind.

- **Clears Cellulite**

Cellulites are gel like lumps made up of fat, water and wastes trapped in pockets beneath the skin. An infrared thermal system warms three times deeply as conventional saunas, causing heavy sweating leading to effective clearing of this kind of unwanted debris from the body.

- **Relieves Muscle Spasm, Body Pain, Joint Pain and Stiffness**
- **Treats Rheumatoid Arthritis**



Deep heating effect of the Body Sculpting Bed helps peripheral blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries. Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen depleted muscles, enabling them to recover faster. Muscles relax most readily when tissues are warm, for greater flexibility and range of motion.

FIR heat can easily help ease patients suffering from arthritis, sprains, neuralgia, bursitis, muscle spasm, lower back pain, joint stiffness and several other muscular-skeletal ailments. Much of the stiffness aches and soreness that comes with aging is reduced or eliminated.

- **Skin Cleansing**

The increased heating causes pores of the skin to open up. The profuse sweating achieved within few minutes in an Body Sculpting Bed sweats off deeply imbedded impurities (dirt, oil and makeup) and dead skin cells, leaving the skin glowing, immaculately clean and free of body odour.



Increased blood circulation draws the skin's own natural nutrients to the surface. Your skin will experience firmness, improved tone, elasticity, texture and colour. Roughness will start declining making way for smooth and soft skin. Increased blood circulation has also been shown to relieve acne, eczema, psoriasis, burns, lesions and cuts. Further, open wounds heal more quickly, reducing scarring.

- **Athletic Performance**

Now athletes and sportsmen can forget tedious warm-up exercises. They will be able to ready their muscles using our Body Sculpting Bed better than standard warm-up exercise. Since pre-competition warm-ups can end up tiring an athlete, our saunas 'deep thermal therapy' will offer an exertion-free alternative. The idea of "passive" warm-up before competition is not new. Hot pads and steamy showers are other ways of warming the muscles and improving range of motion in the joints. However, the effectiveness of our Body Sculpting Bed is incomparable.

FIR heat therapy can also be used in both the prevention and rehabilitation of overuse injuries and to combat the after-effects of torn muscles and tendons. It can be valuable during warm-up before training sessions and competitions and in cold weather, increasing, as it does, the mobility of joints.

Injuries caused by trauma or overuse, such as ligament injuries and muscle ruptures, are often treated during the acute stage by cooling and bandaging so that the bleeding in the injured area is limited. After the initial 48 hours, FIR heat therapy can be introduced to help the healing process, which, once the risk of haemorrhage is over, is aided by increased blood flow.

- **Control Diabetes**

FIR Therapy can control diabetes. Diabetes is a disease that prevents our body to balance the use of glucose (energy) derived from the food we eat. Common symptoms of Diabetics are: Frequent urination, excessive thirst and hunger, nausea, weakness and fatigue. FIR rays can increase blood circulation to rejuvenate healthy cellular functioning. Cells get a chance to flush out toxins and wastes and replace them with fresh oxygen and nutrients from the blood stream. New research has also shows FIR can inhibit bacterial growth, thus reducing chance of infection which most diabetics are prone to. Overall, Body Sculpting Beds help in lowering blood sugar levels.

- **Bed-Ridden or Wheel Chair Bound Users**

Body Sculpting Beds make it possible for people in wheel chairs, or those who are otherwise unable to exert themselves, or those who won't follow an exercising and conditioning program to help improve blood circulation. Our Body Sculpting Beds definitely allow more variety in any on-going training program.

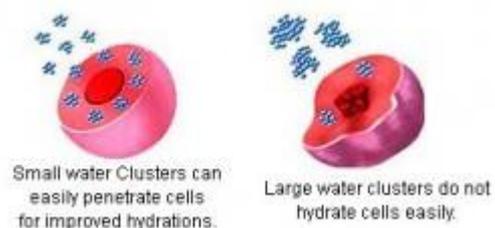
- **Other Benefits**

Studies by American and Japanese nuclear researchers show that cancer and tumour patients have bigger water molecules. Body Sculpting Bed makes cleansing toxins more efficient by breaking bigger and lifeless water molecule into smaller molecule cluster and is easier absorbed by our body cells & very effective in cleansing impurities and toxins from our body.

Take a look at the figure shown below:

Smaller molecular clusters will penetrate into our cells easier. Because it matches the clustered water found inside and around our body cells. Small clusters are perfectly designed to interact with other molecules, to communicate using energetic vibrations, and to slip

easily through cellular membranes to carry out toxics and chemicals waste from our body. Hence, keep them young and vibrantly healthy. More importantly there will be no more trapped toxins scarring the cells and giving you cellulite. Negative ions are formed too when water atomized. Try to feel when standing near a waterfall or deep in the mountains and lush green forests. The refreshing, invigorating feelings you have in these wondrous natural settings are negative ions at work!



Research also shown that negative ions can:

- Reduce histamine, which triggers hay fever.
- Affect levels of serotonin, a neuro hormone associated with anxiety, stress and migraine.

- Have a beneficial effect on anyone suffering from bronchial complaints such as bronchitis asthma, catarrh and the common cold.
- Help sufferers of insomnia, migraine, emphysema, eczema, headaches, tiredness, and general feelings of malaise.
- Increase the speed and quality of healing of burns and surgical incisions with less cross infection and reduced pain.
- Enhance the body's absorption and utilization of oxygen, thus assisting concentration and alertness.
- Reduce the effects of passive smoking, and allergies to pollen, dust and pets.
- Remove and destroy airborne bacteria and viruses

Infrared Heating Level benefits

- 30 to 35°C for stimulating blood circulation and relaxation
- 35 to 40°C for pain relief & muscle relaxation
- 40 to 50°C for physiotherapy e.g. for rheumatoid arthritis
- 50 to 60°C for increased sweating with high temperature

30 – 45 min per day is recommended – SAFE ENOUGH TO USE EVERYDAY!!!

DO NOT USE UNDER FOLLOWING CONDITIONS:

- **Children under 14 years of age**
- **Pregnancy**
- **Low Blood Pressure**
- **Any skin diseases**
- **Splanchnic diseases**
- **Implant devices**
- **Heart diseases**
- **Malignancy**
- **Surgery in the last 3 months**