

What is Far Infrared Sauna?

Far Infrared heat is the same type of heat produced by the sun and our bodies. It is very safe and natural. In a far infrared sauna, only 20% of the energy is used to heat the air, leaving the rest to heat the body. The radiant heat penetrates deep below the skin to produce a gentle warming inside the body. The lower air temperature within the sauna allows you to enjoy greater comfort and longer sessions for greater benefits. Far infrared saunas leave you feeling invigorated, instead of depleted like conventional saunas.

Are Far Infrared Sauna and a Normal Sauna the Same?

Normal saunas rely on extremely high air temperatures, which can make breathing difficult. The heat from the normal sauna is mostly on the surface of the skin, whereas in a far infrared sauna, the heat waves penetrate the body to effectively heat the body and raise the body core temperature for better comfort and results.

什么是远红外线桑拿?

远红外线的光能与太阳及身体所产生的热能是一样的。它非常安全、自然。在进行远红外线桑拿时，只有20%的能量是用于加热空气，而其余的能量则用于温暖身体。辐射热穿透皮肤深处以在体内产生温热效应。远红外线桑拿房里的空气温度较温和，让您享受更舒适、更长久的桑拿时光，并获得更大的健康效益。远红外线桑拿让您感觉精神饱满，不像一般传统的桑拿，温度偏高而让人觉得憋闷难受。

远红外线桑拿与普通桑拿一样吗?

普通的桑拿依赖于极高的空气温度，因此会促使您呼吸变得困难。普通桑拿的热能主要只在皮肤表面加热，相反远红外线桑拿的远红外线具有较强的渗透性，它能渗透人体，有效地温暖身体，以提高身体的核心温度，让您感觉舒适和达到更理想的效果。

Benefits of Far Infrared Sauna

Weight Loss & Increased Metabolism

According to the Journal of the American Medical Association, regular use of a sauna imparts a similar boost on the cardiovascular system to running. As you relax in the gentle infrared heat, your body is hard at work producing sweat, pumping blood and burning calories.

As your body increases sweat production to cool itself, your heart works harder to pump blood at a greater rate to boost circulation. This increase in your metabolism will burn calories.

Immune System Boost

The deep heating from the infrared heaters will raise your core body temperature, inducing an artificial fever. How does this benefit the body? Fever is the body's natural mechanism to strengthen and accelerate immune response, as seen in the case of infection.

This enhanced immune system, combined with improved elimination of toxins and wastes via intense sweating, increases your overall health and resistance to disease.

Detoxification

One of the biggest infrared sauna health benefits is its ability to increase your blood circulation and stimulate the sweat glands, releasing built-up toxins in the body.

Daily sauna sweating can help detoxify your body as it rids itself of accumulated highly toxic metals (lead, mercury, nickel, and cadmium) as well as alcohol, nicotine, sulfuric acid, and other organic and inorganic compounds.

Improves Appearance of Cellulite

Cellulite refers to superficial pockets of trapped fat, which cause uneven dimpling or "orange peel" skin. It appears in 90% of post-adolescent women and is rarely seen in men.

Common but not exclusive areas where cellulite is found are the buttocks, thighs, and the abdomen. Contrary to popular belief, cellulite is not related to obesity, and the appearance of cellulite is not always reduced by weight loss.

Since the far infrared radiant heat of a infrared sauna warms three times as deep as conventional saunas, it is significantly more effective at reducing cellulite. There is a direct link between the slowing of metabolic rates and the storage of toxins in fat cells.

Sauna use and far infrared heat can increase heart rate and localized blood circulation, which essentially reverses the above-mentioned trends towards the accumulation of liquids in the fat cells to reduce the appearance of cellulite.

瘦身和提高新陈代谢

根据《美国医学会杂志》的研究显示，定期进行桑拿对促进心血管系统的效能与跑步相比。当您在温和的远红外热能中放松时，身体会积极冒汗、促进血液循环和燃烧卡路里。

当身体一直在出汗以冷却身体时，心脏会加速泵血以促进血液循环。这会增加新陈代谢进而消耗更多的热量。

促进免疫系统

远红外线加热器提供的深层热能可提高您的核心体温，引发一种假性发烧。这对身体有什么好处呢？这是因为发烧是身体增强和加速免疫反应的自然机制，正如在感染病例中所见。

当免疫系统被增强，再加上通过大量出汗排除毒素和废物，这可大大提升您的整体健康和抵抗疾病。

排毒

远红外线桑拿的其中最大健康益处就是它可加速血液循环、刺激汗腺及排除体内累积已久的毒素。

每日进行桑拿排汗可帮助身体进行排毒，清除体内累积的高毒性重金属（铅、汞、镍和镉）以及酒精、尼古丁、硫酸和其他有机与无机化合物。

改善橘皮组织的外观

橘皮组织意指脂肪成块堆积在皮肤表面，导致皮肤凹凸不平或呈现“橙皮”的表面形态。这现象发生在90%的青春期后的女性，而鲜少出现在男性皮肤。

橘皮组织一般出现在臀部、大腿和腹部肌肤。与普通观点相反的是，橘皮组织与肥胖是无关的，而橘皮组织不会因体重减轻而减少。

由于远红外线桑拿所提供的远红外辐射热温暖身体的深度比传统桑拿强三倍，因此它在减少橘皮组织方面更加有效。这是因为新陈代谢速率的缓慢和脂肪细胞中的毒素储存具有直接的关联。

桑拿和远红外热能可提高心率和局部的血液循环。这基本上逆转了脂肪细胞中积累液体的倾向，进而减少橘皮组织的出现。



远红外线桑拿的健康效益

Muscle Pain Relief

Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen-depleted muscle, so they recover faster.

Muscles relax best when tissues are warm, for greater flexibility and range of motion. Far Infrared heat relieves muscle tension and the deep heat of far infrared saunas help peripheral blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries.

Infrared heat also reduces soreness on nerve endings and muscle spasms as muscle joints and fibers are heated.

Eases Joint Pain & Stiffness

Time spent in an infrared sauna benefits patients suffering from many forms of arthritis. Radiant heat has also been effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other muscular-skeletal ailments. Much of the stiffness, aches and soreness that comes with aging is reduced or eliminated.

Stress & Fatigue Reduction

Just a few minutes in the gentle warmth of an infrared sauna will help you feel relaxed, rejuvenated and renewed.

Infrared Saunas have also been shown to affect the autonomic nervous system putting you in the parasympathetic (rest and digest) state allowing your body to heal.

Improves Skin

The profuse sweating achieved after just a few minutes in an infrared sauna carries off deeply embedded impurities and dead skin cells, leaving the skin glowing and immaculately clean. Increased circulation draws your skin's own natural nutrients to the surface.

Many experience improved tone, elasticity, texture and fresh color. Increased blood circulation has also been shown to relieve acne, eczema, psoriasis, burns, lesions and cuts. In addition, open wounds heal more quickly, reducing scarring.

舒缓肌肉酸痛

增加血液循环可排除更多的代谢废物及将氧气饱满的血液输送到耗氧状态的肌肉中，使其快速恢复正常状态。

当组织温暖时，肌肉会呈现最放松的状态，以增加肌肉的灵活度及运动幅度。远红外热能可缓解紧绷肌肉，而远红外线桑拿的深层热能则可帮助扩张周边血管，使已受损的肌肉与软组织可获得舒缓和愈合效果。

远红外热也可减少神经末梢和肌肉痉挛的疼痛，这是因为肌肉关节和纤维组织获得热能的温暖。

缓解关节疼痛和僵硬

进行远红外线桑拿对患有多种关节炎的患者有益。辐射热在治疗扭伤、神经痛、粘液囊炎、肌肉痉挛、关节僵硬及许多其他肌肉骨骼疾病方面也非常有效。与年龄增长有关的大部分关节僵硬、疼痛和酸痛的问题都可靠桑拿减少或消除。

减轻压力和疲劳症

体验远红外线桑拿的温热效应只需几分钟，就可让您全身放松、恢复活力和重振精神。

远红外线桑拿也会影响自主神经系统，让您处在副交感神经（休息和消化）状态，使身体得以复原。

改善皮肤健康

经过几分钟的远红外线桑拿后，大量出汗可消除皮肤深层的污垢和角质，让皮肤变得更焕发光彩、更洁净。血液循环的增加也可将皮肤内的天然营养物质输送到表皮中以被吸收利用。

许多人在体验远红外线桑拿后，皮肤色泽、弹性度、肤质和肤色都有明显改善。增加血液循环也可减轻暗疮、湿疹、牛皮癣、烧伤、损伤和割伤的问题。此外，开放性伤口也可获得快速愈合，减少疤痕。

Experience the benefits of infrared sauna therapy at any HIMC retreat. Email contact@himclinic.com for bookings or inquiries!



参加任何HIMC的保健配套以体验远红外线桑拿所带来的好处！电邮至 contact@himclinic.com以作预约或询问详情！