

jnh | lifestyles



Enhance

Energize



SAUNA

101



Detoxify

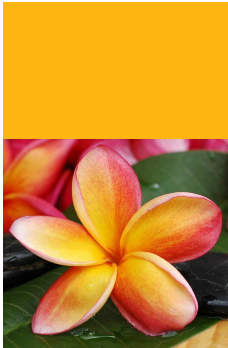


Boost

Relax



Relief



Enjoy



Phone: 800-528-3110
Monday to Friday
8:00 AM to 5:00 PM PST
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**JOYFUL, NATURAL, & HEALTHY
LIVING FROM TODAY!**



History of Sauna

Saunas have been around for many years, but more recently a new invention has originated using infrared technology to elevate the temperature in a sauna's cabin. The original infrared saunas were developed in the 1960s as an energy-efficient method to heat a sauna. In many ways different to the traditional sauna, sometimes called a Finnish sauna known to use a regular heat source, such as a stove or fire, which heats rocks to a very high temperature. These hot rocks in turn heat up the sauna itself, reaching around 180 to 195 degrees Fahrenheit.

An infrared sauna is a sauna that uses infrared technology rather than a traditional heat source in order to raise the sauna's temperature to a desired level. Fortunately for those who love saunas and steam rooms, modern infrared saunas can be installed within the average home at very reasonable prices.



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LIVE A PEACEFUL,
BEAUTIFUL LIFE.

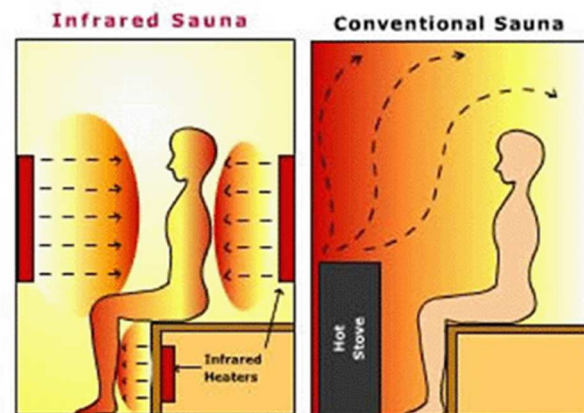


What is Infrared?

Infrared is the light naturally produced by the sun. The very warmth you feel penetrate your skin when you are outside in the sun - healthy, natural and safe heat. Infrared sauna is the solution to soothing, smooth and simple treatment for a variety of conditions.

How does it work?

The far infrared rays penetrate the skin and cause the body to sweat. Your body absorbs the heat and you begin to perspire allowing toxins to be eliminated through the skin.



Why do I need an infrared sauna?

Releasing the toxins trapped within our bodies is a must if we want to increase our overall health. Infrared sauna is a powerful method by which we can heal ourselves and retain our vitality and harmonize our life for the best health.

Is it necessary?

De-stressing, detoxing and relaxing is a necessity. The benefits of infrared sauna are endless.

BE IN LOVE WITH YOUR
LIFE. EVERY MINUTE OF IT.



What is the difference between ceramic and carbon fiber heaters?

Both types of heaters provide the same health benefits and will produce the results you're after. The difference is in the heat distribution between the two heaters and the type of sauna experience you want.

Carbon fiber heaters are best for those who would prefer a long, relaxing sauna session or for those seeking healing from a chronic condition or disease. If you desire a quick, intense sweat, you may want to go with a ceramic heater. Below, we've provided a comparison of the two types of heaters to help you decide:

Ceramic Heaters

- Have a high emissivity (degree at which material can emit)
- Last an average of 9,000 hours
- Are rod-shaped for optimum FIR dispersement
- Are made of true ceramic
- Do not have a large surface area but because they are enclosed in a reflective plate, the far infrared is able to target a large portion of the body
- Have the fastest warm-up time to produce a very intense heat that will allow you to sweat within minutes

Carbon Fiber Heaters

- Have a high emissivity (degree at which material can emit)
- Last an average of 18,000 hours
- Are made of a thin carbon plate for even heat and FIR emission
- Are flexible and less fragile
- Have a flat surface that allows for a more even heat distribution
- Have the largest flat surface area that infrared heaters offer
- Offer low wattage for a more gentle, therapeutic heat
- Provide the same health benefits as ceramic

EXPERIENCE COMPLETE RELAXATION



Is it safe?

Extremely safe. Whenever you step outside in the shining sun you experience infrared light. Infrared sauna rays are not Ultraviolet rays that damage the skin or cause sunburn. Infrared sauna rays will never damage your skin.

What is EMF?

Electric and magnetic fields (EMFs) are invisible areas of energy, often referred to as radiation, that are associated with the use of electrical power and various forms of natural and man-made lighting. EMFs are typically characterized by wavelength or frequency into one of two radioactive categories:

Non-ionizing: low-level radiation which is generally perceived as harmless to humans

Ionizing: high-level radiation which has the potential for cellular and DNA damage

Infrared Radiation

Infrared radiation is a form of electromagnetic radiation which is found just outside the visible portion of the spectrum, before the color red. Infrared radiation is invisible but the energy of this region happens to correspond to the approximate level of energy needed to start molecules moving in various ways. For example, wavelengths in the middle of the IR region are able to start various portions of molecules vibrating. IR light, which has even less energy than visible light, does not have enough energy to damage molecules in the way that higher energy waves such as X-rays do.

Safety Hazards of Infrared

Since IR radiation only works to get molecules moving, any moderate dose of IR radiation will simply heat up any living tissue it touches upon. The only hazard in most cases is that prolonged exposure to a very high level of IR could result in a burn, just as could exposure to a hot stove or any other heat source.

Measure EMFs

If you are concerned about EMFs, you can measure EMFs yourself with the use of a gaussmeter, which is available for purchase online through a number of retailers.

BENEFITS YOU CAN SEE & FEEL



Cleanses Skin and Flushes Toxins

Many of us do not actively sweat every day. There are multiple health benefits of deep sweating. Regular infrared sauna bathing provides the benefits that are derived from a deep sweat. The core body temperature begins to rise in the heat of the sauna. The blood vessels dilate, causing increased blood flow. The body's nervous system sends signals to the millions of sweat glands covering the body, as heat from the blood moves toward the skin's surface and body temperatures rise. The production of sweat is for cooling the body, and is composed of 99% water- but deep sweating in an infrared sauna can help reduce levels of copper, zinc, lead, mercury and nickel- all of these toxins are commonly picked up from our environment. Sweat brings out and rinses bacteria from the epidermal layer and ducts. Cleansing the skin through sweat rinses bacteria out of the epidermal layer and sweat ducts improving circulation bringing about a soft and beautiful complexion. When the skin is cleansed dead cells are replaced keeping your skin in optimum condition.



Relaxes/Soothes Aches and Pains in Joints and Muscles



Infrared sauna heat helps the body to release endorphins - this is the body's naturally producing pain relieving chemical. Endorphins can have an enjoyable tranquilizing and mild effect as well as the ability to extinguish pain from muscle soreness - from physical workouts and arthritis. When body temperatures rise from the heat of infrared sauna it causes circulation to increase and blood vessels to dilate. This increased blood flow accelerates the body's natural healing process- speeding up the healing process of cuts and bruises and soothing aches and pains. For post workouts use your infrared sauna for muscle relaxation, reduce muscle tension and eliminate lactic acid and other toxins.

HEALTHY FEELS GOOD.



Relieves Stress

Clearly medical research shows that stress in our daily lives adversely affects our health. It is a fact that the majority of disease is stress related. In asking our JNH Lifestyle sauna users about why they use saunas – 'stress relief' is the most commonly stated primary benefit. The infrared sauna provides stress relief in numerous ways: The 'after sauna glow' is brought on by the heat of the sauna by improving circulation and the release of endorphins. A quiet, warm place free of distractions.



Social and Recreation Benefits

Your sauna can be a personal private retreat or a relaxing environment created for socializing with family and friends in the comfort of your own home. The sauna environment is ideal for quiet conversation, openness and intimacy.

Induces a Deeper Sleep

Research has shown that a deeper sleep can result from infrared sauna use. When body temperatures are raised in the late evening and endorphins are released it facilitates better sleep.

Relieves Congestion-Fights Illness

Infrared sauna use helps the body produce white blood cells more rapidly than normal which helps to fight illness.

IT'S YOUR TIME TO SHINE.



Calories Burned

Sweating is the best process by which calories are burned. When heart activity increases, demanding more oxygen, the body begins to convert calories into energy.

Cardiovascular Improvement

Comparable to moderate exercise, regular infrared sauna usage allows the circulatory system to experience increased circulation and oxygenation while lowering blood pressure.



**** You must not rely on this information as an alternative to medical advice from your doctor or other professional healthcare provider. If you have any specific questions about any medical matter you should consult your doctor or other professional healthcare provider. ****



At JNH Lifestyles your complete satisfaction is our main goal. We acknowledge that ordering online has its pros and cons. Online ordering does not allow you to physically see and touch the product at the time of purchase. For this reason, if upon arrival of your equipment you discover that the delivered product is not what was originally pictured online, you can return it and we will give you a full refund. This is only applicable 15 days from delivery date. Requirements include that the product be returned with no damage and in the product's original packaging for resale purposes. Please note that if you decide to return past the 15 days into the 30 day return policy, charges associated with the return as are shipping, handling, restocking and all other fees will apply.

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