



HeatWave Saunas™ are the safe, effective and affordable way to relieve stress and improve health, right in the comfort of your own home. Our saunas utilize the latest in infrared heat technology, are super easy to assemble and fit in virtually any room in your home. With their

premium grade Solid Cedar or Hemlock Wood and tongue & groove construction, these saunas are built to last, providing you with years of health benefits and stress relief.

## Dr. Oz Endorses the Use of Infrared Saunas

Dr. Oz included infrared saunas as one of his "Top High Tech Was to Extend Your Life" in 2009.

Dr. Oz's in-laws were the ones to introduce him to the infrared sauna, which is slightly different than a normal sauna. "It makes the same rays that come from the sun and filters out the UV radiation, so it only gives you the infrared radiation," he says. "That radiation that's infrared goes a little bit into your skin so, without heating you up and the external environment too much, it heats the body up."

After a few minutes in the sauna, Oprah noticed that she was "starting to feel the heat". According to Dr. Oz, "the high temperature helps lower blood pressure and increase blood circulation. It gets your heart to beat faster, and it burns calories. It raises your metabolism a little bit, and also when you sweat, you sweat out toxins through the skin."

Source: <http://www.oprah.com/health/Life-Extension-Technology-and-Tissue-Regeneration/6>

## HEALTH BENEFITS



Using a HeatWave Sauna™ increases circulation, which in turn helps improve overall body function. The infrared waves penetrate the body to a depth of 1.5"-3", providing soothing relief for aches, pains & tension. Infrared waves safely penetrate the skin, providing a source of heat without causing any harmful effects to the skin. Infrared heat is so safe it is often used by hospital nurseries to provide warmth for newborn babies. Spending time in a HeatWave Sauna™ can help relieve many ailments, including:

<b>Asthma</b>	<b>Bronchitis</b>	<b>Common Cold</b>
<b>Nervous Tension</b>	<b>Rheumatism</b>	<b>Migraine Headaches</b>
<b>Arthritis</b>	<b>Bruises &amp; Burns</b>	<b>Muscle Pain</b>
<b>High Blood Pressure</b>	<b>Sports Injuries</b>	<b>Influenza</b>

## STRESS RELIEF & RELAXATION

Immerse yourself in up to 141° F of soothing heat and you will feel instant relaxation. Stress & tension melt away as you bask in the warmth of your HeatWave Sauna™. Whether you choose to jam your favorite tunes or quietly take in a book, the interior reading lights and built-in sound system help take your relaxation to the next level.





## HEALTHY, RADIANT SKIN

Your skin is your body's largest organ, so taking good care of it is important!

Time spent in your sauna will help improve the look, feel & overall health of your skin. The perspiration that takes place in your sauna helps remove harmful toxins deep in your pores, while increased blood circulation brings fresh nutrients to the surface. This process of removing toxins from the skin helps relieve eczema, acne & other skin disorders. You will be thanking your HeatWave Sauna™ for your healthy, radiant, glowing skin. **Inner Health – Outer Beauty!**

## DETOXIFICATION

Toxins like sulfur dioxide, carbon dioxide, lead & mercury are absorbed into our bodies on a daily basis through diet and environment. This causes our bodies to run inefficiently and develop weakened immune systems. Using our infrared sauna increases skin & body temperature, causing sweat & oils to be secreted from the body. At the same time, the harmful toxins that are dissolved in these sweat & oils are secreted as well. By cleansing your body of toxins, you can help relieve a variety of symptoms & diseases, including:

<b>Depression</b>	<b>Digestive Disorders</b>	<b>Anxiety</b>
<b>Stress</b>	<b>Allergies</b>	<b>Joint Stiffness</b>
<b>Heart Disease</b>	<b>High Cholesterol</b>	<b>Acne</b>

## EFFECTIVE WEIGHT LOSS TOOL

Spending just 30 minutes in a HeatWave Sauna™ can burn up to 600 calories, making time in your sauna a simple & effective weight loss tool. All those calories are burned in the perspiration process. Fluid that is lost can be replaced by drinking water, but the calories burned will not be replaced! Compare burning up to 600 calories in a 30 minute sauna session to these other physical activities:

### CALORIES A 150 LB PERSON WOULD BURN IN A 30 MINUTE PERIOD

