

# Infrared Sauna Therapy

Why it should be part of your health practice



By Adelena Izold N.D.

Infrared sauna therapy is one of the most evidence-based methods to detoxify the body, but how does it differ from other saunas?

Infrared saunas use light wavelengths that deeply penetrate the skin, heating the body up from the inside. The base temperature for an infrared sauna is about 120°C. When you're inside, it won't feel as hot as a non-infrared sauna, making it more comfortable to be in. However, don't let that fool you – because all of the work is happening on the inside, leading to an active sweat that has a multitude of health benefits.

Dry saunas work differently from infrared saunas. They use a hot stove or rocks to heat up the sauna and the temperature in the room is much hotter, anywhere from 150-170°C. There are also steam saunas, which use boiling water to heat the room – this leads to a humid, steamier heat.

## Detoxification

Our skin is our largest organ of elimination. Working up a sweat is a great way to release a number of toxins, including heavy metals and endocrine-disrupting chemicals. *I often recommend my patients to practice dry skin brushing alongside infrared sauna therapy to optimize the detoxification process and support lymphatic drainage.*

## Cardiovascular Health

Infrared saunas have been proven to improve blood vessel function and blood flow. They can lower blood pressure, lower oxidative stress and reduce your risk for a cardiac event.

## Immunity

Infrared sauna therapy raises your core body temperature from that inside out, which may kill off “bad buggies”. Recent studies have shown that utilizing sauna therapy can improve your white blood cell profile and stimulate your immune system. Thus, it is a great way to prevent cold and flus.

## Pain Relief

Sauna therapy has been shown effective to address phantom limb pain and fibromyalgia. It also aids with reducing stiffness, cramps and soreness because of the warmth.

## Physical Fitness

Infrared sauna therapy has been shown to aid with recovery after exercise but also can be a good options for those that may not have the ability to implement strenuous exercise regimens.

## Relaxation

Sitting in a calm, quiet and warm environment can stimulate that parasympathetic nervous system and get us out of that “fight or flight” state. It can also boost serotonin levels.



Call Full Circle to schedule your sauna session.

405-753-9355



# Dry Skin Brushing

Practice dry skin brushing along side infrared sauna therapy to optimize the detoxification process + support lymphatic drainage.

## Apply Long, Sweeping Strokes

Move in long, sweeping motion, towards the heart.

## Use Circular Brushing

Use a circular motion around the abdomen and joints, like elbows and knees.

## Adjust Brushing Pressure

Use lighter pressure on your face and heavier pressure on the soles of your feet. In other words, stimulate, don't aggravate.

## Brush in the Morning

Brushing early stimulates the lymph to release more toxins. It also may have an energizing effect.



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