

## Infrared Saunas in Regina

Location	Cost per session	Session length
<b>A Balanced Approach</b>  2310 College Avenue 757-3200	\$17  10 for \$130	30 mins
<b>Sugaring Oasis</b>  1856 Vic East Plaza 757-2221	\$15  10 for \$125 20 for \$200	45 mins
<b>Fit Zone</b>  1818 Vic East 757-9663	\$8  10 sessions for \$60	60 mins
<b>Chakari Spa</b> (Sandman Inn)	\$15 or free with a spa treatment	45 mins

## Far Infrared Sauna FAQs

### Q: What is it?

- It's a Low-Heat Sauna that operates at 40-50Celsius instead of 80-90 Celsius like a high-heat "regular" (finnish-style) dry sauna.

### Q: How does it work?

- It uses ceramic or carbon heaters which naturally penetrate your body very efficiently. It triggers your sweat glands to start functioning before your core body temperature goes up. That means you sweat profusely without feeling overly hot.

### Q: What are some of the benefits?

- Detoxification – removes stored toxins from the body
- Weight loss – up to 600 calories consumed in 30 minutes; and an increase in your daily resting total of 800
- Heart health – stimulates gently the cardiovascular system supplying the conditioning benefits of continuous exercise

- Natural pain relief – for back pain, sprains, strains, bursitis, fibromyalgia, rheumatoid arthritis, headaches, etc.
- Relaxation and stress relief – balances the autonomic nervous system and hormones and reduce the negative impact of stress on the body
- Improved immune function – stimulates and strengthens your body's immune system
- Improved skin conditions and helps treat cellulite – relieves acne, psoriasis, burns, eczema, and removes roughness and scarring
- Boost mood and helps fight SAD

**Q: What is the Far Infrared part?**

- Far Infrared is simply the band of the light spectrum - Infrared means “Below Red” or just under the visible light part of the spectrum. Far means it's at the far end of the infrared spectrum. It's simply a technical name assigned to the function of the emitters.
- Basically the ceramic heaters operate the same as glass, or sand which has a high silica content. These things reflect Far Infrared waves from the sun naturally, like heat coming through a window even though it's -20 outside. Or the way the beach gets too hot to walk on with bare feet, but the grass next to it is cool. It's a natural process. Water absorbs heat at the far infrared wavelength. If you were to place an ice cube on a ceramic plate, and another ice cube on a plastic plate, the one on the ceramic plate would melt in seconds, but the one on the plastic plate would take 20 minutes. It's because water receives at the far infrared wavelength. So it's absorbing room temperature very quickly on the F-I-R waves vibrating from the ceramic.
- Our bodies are mostly water, so we absorb on the far infrared wavelength too. When you heat the ceramic emitters, the room warms up and our bodies absorb that heat very quickly, and we sweat.

**Q: How is it different from a “regular” sauna?**

Traditional Scandinavian style saunas use a high wattage heater, usually 7,000 – 10,000 watts, to heat the air in a small sauna room. When you breathe that air your lungs instantly heat up. Then your heart quickly starts pumping blood out to the extremities in order to trigger the sweat glands and cool down the core body temperature and protect the major organs. It's a shock reaction. The fast heart rate is why heart patients can't go into regular saunas. And that heat in the lungs is why asthmatics can't go in. But they both go safely into a Far Infrared Sauna.

- A Far Infrared Sauna uses low-wattage heaters. Ideally 200 watts or less. The low wattage means the ceramic stays vibrating in the critical far infrared wavelength. The heat is absorbed by the outer two inches of your body. Your sweat glands are triggered to start working BEFORE THE CORE BODY TEMPERATURE GOES UP. This means you're sweating before you feel hot.

**Q: Why is it better than a “regular” sauna?**

- The high heat saunas shock the cardiovascular system. This was long thought to be good to strengthen the arteries (when used in conjunction with cold water at intervals). But that was really the only benefit. Most people can't go in a high heat sauna for more than ten minutes. It's not enough time to sweat significantly.
- In a high heat sauna the heart is shocked, the skin can go pink due to the fast circulation to the extremities, blood can pool in the ankles, and it is so hot in the lungs that many people complain of a “claustrophobic” feeling, or need to flee.
- The Far Infrared sauna is such low, soft and comfortable heat that virtually no one is sensitive to it. Even people traditionally advised to avoid sauna, ie. Heart patients, and asthmatics, have actually had their symptoms relieved in these saunas. You can set the temperature as low as 35 C, and leave the window open to ensure cool air into your lungs, but still get warm enough to break a sweat.

**Q: Why is all that sweating so good for you?**

- Toxins we accumulate from everyday life are stored in our fat cells. Whatever our bodies can't easily eliminate via the liver or the kidneys, it sends off to the fat cells for future elimination via sweat. But since we live sedentary lives and live in a cold climate and spend our summers in air conditioned rooms, we just don't sweat enough. And since we live in a time of unprecedented chemical exposure, from air, water, and food, we need to assist our toxic elimination via sweating. It's been proven in studies at the Mayo Clinic. The proof is with the hardest cases, like American soldiers exposed to Agent Orange who removed 97% of dioxins from their bodies by sweating for 6 weeks. That's after carrying it for 20 years!

**Q: Is the sauna safe?**

- Completely safe. It does not emit dangerous waves like Ultra Violet or Microwave. Those are on the opposite side of the spectrum. Infra-Red simply means “Below Red” or “invisible” when practically applied to the description. When Campfire embers glow, they glow red, the rocks next to them are hot, but not red. Those are “Infra Red”. It's a natural process, you're just heating ceramic and letting the heat absorb into your skin.

**Q: Does it use a lot of electricity?**

- No. Only about 8 cents an hour. It's on a regular 110V household circuit and draws below 1500 Watts so it's like a hair dryer, not like a regular sauna, or an air conditioner. A high heat sauna uses 7,000 – 10,000 watts and requires a 220V electrical outlet.

**Q: Does it heat up the room?**

- No. You can feel the outer walls of a sauna that's been on for two or three hours and see that it does not get warm on the outside. It's safe to go onto any floor surface or against any wall.

**Q: What types of woods are they made of?**

- Basswood, cedar or Poplar -- these are the least allergenic woods in North America and they are very durable.
- Hemlock or Fir -- this is a cheaper wood that rots easily and is used for packing crates in Canada.
- Ensure that the sauna uses no plywood and no toxic glues of any sort. Beeswax is a better alternative with which to preserve the wood.

**Q: What are the heaters made of?**

- Ceramic or carbon

**Q: What type of conditions does it help?**

- **Heart Disease:** The studies in the 1990s showed all 37 participants afflicted with congestive heart failure – the inoperable kind of heart disease – displayed improvement and some even got off their medications after about 6 weeks of regular sauna therapy at low heat.
- **Asthma:** Dr. Jozef Krop showed in sauna therapy studies in the 1980s the chronic asthma in a patient exposed to industrial chemicals from the petroleum industry was alleviated in about 4 weeks. Users of the saunas have reported going from using an asthma inhaler 3 times per week, down to 3 times per year. That's after about 2 months of regular sauna use.
- **Fibromyalgia** (Chronic Pain disorder): Dr. Alison Bested of Scarborough, one of the top chronic pain specialists in Canada, uses sauna therapy in her office on all of her patients. She is affiliated with University of Toronto, and the Women's College Hospital Environmental Health Unit, and Sunnybrook Hospital. She swears by it for the hardest to treat patients.
- **Psoriasis and other skin disorders:** Psoriasis like many skin disorders is actually a liver disorder. It happens when certain toxins from food cannot be normally eliminated via the liver, so they're sent out to the fat cells for future elimination via sweat. When they hit the cells just under the skin, the body begins to over produce skin cells by a factor of 10,000 times. The toxins come out on dead skin cells. By sweating profusely and regularly, these toxins are instead carried out on the droplets of sweat and the symptoms of psoriasis are alleviated.
- **Arthritis:** The heaters in the corners deeply penetrate major joints and aid in soft tissue repair. The energy from the heat helps to break up Lactic Acid which can gather and cause muscle cramping. The soft tissue, and Connective Tissue which concerns arthritics, is made more supple and pliable.
- **Cancer:** There are practitioners using saunas for Breast Cancer treatment but this is in conjunction with many other therapies, sometimes even with chemo therapy and surgery. So it is not to be

considered as a cure for Cancer and we must be very cautious talking about it. .... However... every doctor who has studied the material on Far Infrared Sauna states unequivocally that regular sessions will expunge the toxins known to cause cancer, including lead, mercury, plastics and phthalates, dioxin, pesticides, and heavy metals.

**Q: What can I do to support my body in the sauna?**

- Before entering the sauna, you should not be hungry, nor have just eaten. Wait one hour after eating before going into the sauna or two hours after a large meal. Digestion requires a lot of blood, and the sauna brings the blood to the skin as a coolant. The blood cannot be effectively used for both at the same time.
- Begin with 20-30 minutes of exercise in the form of rebounding, running, or using a treadmill to stimulate the circulation of blood and lymph and to move the blood deeper into the tissues, from where it can draw out toxic residues. Aerobic exercise causes the cell waste to be carried out quickly and efficiently, and should be practised daily immediately before the sauna for 20-30 minutes.
- After the aerobic exercise, use a dry skin brush on the legs, arms and trunk, using small circular movements and moving up the body towards the heart.
- One litre of water or tea should be prepared and taken in to the sauna to drink over each hour of sauna time, along with 1 tsp of an alkalizing powder containing potassium, sodium, calcium, magnesium, and some Celtic sea salt, or other electrolyte mix or tablets. Good choice of tea is a blend of burdock, cleavers, dandelion, red clover, and Chinese licorice.
- Maintain the temperature in the sauna between 38.8°C (100°F) and 54.4°C (130°F). An infra red sauna will be the most effective, and the temperature can be slightly lower than if a dry or wet sauna is used. A dry sauna is more effective than a wet sauna.
- Place a clean dry towel over the seat of the sauna to absorb perspiration and toxins. Use a fresh towel each time.
- Immediately go into the sauna after the aerobic exercise. If you feel too warm or as though you are going to faint, leave the sauna and have a cool shower before returning.
- Monitor for electrolyte deficiency: Symptoms of salt or potassium depletion include extreme tiredness or weakness, headache, muscle cramps, clammy skin, nausea, dizziness, vomiting, and fainting. Should any of these symptoms occur, natural electrolyte drink mix such as 1 L water, 1 Tbsp lemon juice, 1 tsp honey, ½ tsp sea salt, ½ baking soda should be taken in.
- Practise slow, long deep breathing while in the sauna to assist liver detoxification and improve lymphatic circulation.

**Q: How often should I sauna?**

- Each person may be different in terms of the length of time they are able to spend in the sauna. Aim for at least four sittings of 15-20 minutes each, for five consecutive days, then off for two, for a total of 21 sauna days. Cool showers can be taken between sauna sittings to activate the circulation. Some individuals may be able to do three sittings, each an hour long, every day for three weeks. A 15-minute cool down period occurs between each of these sittings.