Full-Spectrum Infrared Sauna

Welcome to the full-spectrum infrared sauna at Asher Integrative Ear, Nose and Throat. Infrared saunas differ from traditional saunas in a number of ways and offer several documented wellness benefits (see below).

WHY WE OFFER THIS SERVICE

Infrared heaters warm objects without having to warm the air between the heat source and the object. Where a traditional sauna must heat the air, requiring very hot temperatures ranging between 180° and 225°F, an infrared sauna provides therapeutic results at temperatures between 85° and 160°F. The lower temperatures do not dry out the mucus membranes of the body, are well tolerated and offer a variety of health benefits.

Infrared heat penetrates between one and one half inches below the skin surface, so the body can perspire faster at a lower temperature. The infrared sauna enhances the body’s ability to detoxify. In a regular sauna, perspiration is primarily water and salt. In an infrared sauna, perspiration contains up to 15% of particulates—chemicals, heavy metals, and other toxins—that are hard to remove from the body. The body’s enzymes work more efficiently and circulation is increased. The full-spectrum infrared sauna employs not only the common far-infrared heat, but also near- and mid- infrared heaters, which provide enhanced health benefits including:

* Promoting detoxification of heavy metals, plastics and all fat-stored toxins
* Infrared saunas are used around the world by doctors and clinics specializing in detoxification programs. European clinics have been using them for nearly twenty years.
* Increasing circulation and promoting cardiovascular conditioning
* Muscle relaxation
* Stimulation of the immune system
* Skin health
* Reduction of pain

Beneficial applications

- Pre-Bodywork (PT, Chiropractic, Massage): infrared heat treatments loosen and soften tissues
- Post-Bodywork: excrete wastes circulating in lymph from bodywork
- Detoxification: critical component of detoxification protocols used 1 to 5 x/week to facilitate the elimination of fat-stored toxins
- General wellness and immune stimulation: increased circulation and body temperatures boost immune response