

Extracts from “Skin Revolution”

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There are many beauty secrets still locked within the infrared wavelengths. We already know that IR used regularly **helps clear cellulite** from thighs and bottoms, counteracts dandruff, detoxifies and firms skin, and encourages the healing of scars and burns. After long haul flight, an IR sauna helps clear jetlag. Regular use creates a smoother, finer skin texture. IR saunas even encourage **effective fat burning during weight loss**. The way in which an IR sauna helps counteract the disastrous effects of stress is believed to be thanks to radiant heat's ability to act upon the autonomic nervous system by helping the body rebalance its hormones. An extra bonus too: IR saunas don't wipe you out the way conventional saunas can. They can be both energising and relaxing simultaneously.

Burn Fat – Far infrared saunas generate two or three times the sweat produced in hot air saunas with far greater comfort. And they **help trigger fat burning, clearing out lipophilic toxins stored in the body's fat cells**. Once the store of these pollutants have been diminished, weight loss becomes an easier process. Raising body temperature with IR energy enables it to remain raised for hours after the sauna has finished heightening thermogenesis for fat burning. While weight reduction which occurs as a result of water lost through sweat is of no consequence, the heat conditioning which results from regular use of a far infrared sauna enables the actual burning of calories to take place more easily both while in the sauna and for hours afterwards.