

WHAT IS INFRARED?

Infrared light is the invisible part of the sun's spectrum with the ability to penetrate human tissue, giving soothing natural warmth. Sunlighten solocarbon infrared technology is therapeutic as it is 95% efficient in heating the core body temperature than simply heating the air. It helps in detoxifying sweat at a cellular level where the majority of toxins reside.



HOW SAFE IS INFRARED?

Infrared heat is completely safe and healthy for all living things. Infrared is a naturally occurring output of the sun as it does not contain the harmful UV rays associated with unprotected sunlight. Infrared heat is very safe as it's used in hospitals to warm newborn infants.

BODY
BEAUTIFUL
474 New York Avenue
Huntington, NY 11743

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INFRARED SAUNA



Phone: (631) 385-4500 • Fax: (631) 385-4503
474 New York Avenue • Huntington, NY 11743
www.BodyBeautifulLI.com

BENEFITS OF INFRARED

DETOXIFICATION

7x more detoxifying than a traditional sauna

RELAXATION

Providing the purest form of relaxation and stress reduction

WEIGHT LOSS

A 30-minute session can burn anywhere between 600 to 800 calories

PAIN RELIEF

Therapeutic benefits to back, neck and arthritis pain with continuous use of infrared

HEAT THERAPY

Anti-Aging - The skin's appearance improves as pores open from a deeper sweat

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INFRARED SAUNAS vs. TRADITIONAL SAUNAS

Traditional saunas heat the air at extremely high temperature which can make the experience unbearably hot and difficult to breathe. Infrared saunas heat the body directly instead of simply heating the air. It is seven times more effective for detoxification. In our infrared sauna, you will experience the deepest most detoxifying sweat of your life.