

Far Infrared Sauna Therapy Results

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[Far Infrared Sauna](#) Therapy has been Shown to Provide the Following Results:

**Rocky Mountain Saunas and its associates do not provide medical guidance. Consult a licensed doctor for medical advice. All of the information contained in this website is for informational purposes only. Results of using our products vary on an individual basis and no immediate permanent or guaranteed solutions can be provided.*

Please click on the dark blue headings below for more details on each topic.

Weight Loss: You can weight with regular sauna use while you Relax and Unwind. Far Infrared Radiant Heat can burn hundreds of calories in a single session! Sweat Off Pounds and Inches without a Special Diet or Exercise!*

Detoxify Your Whole Body: Far Infrared Heat Therapy is Absolutely the Safest, Most Efficient Detoxification Method for Expelling harmful Environmental Toxins, Acids & Heavy Metals from the body!! Detoxification is the Foundation for Responsible Family Health Maintenance.*

[Pain Relief:](#) Healing Therapy with Far [Infrared Saunas](#) provides Real, Lasting Relief for: Nerve Damage, Arthritis, Fibromyalgia, Muscle Pain, Carpal Tunnel and Joint Pain. No Pills, Potions or Lotions! Infrared Heat Penetrates Directly to the Pain Source to Heal and Soothe Naturally.*

Eliminate Stress and Tension: Relax and Melt Away the Buildup of Daily Stress and the Tension of the Workday Grind. Feel the glow of deep penetrating Infrared heat as it Soothes and Heals your body naturally. Say

“Goodbye” to everyday Stress, Tension, Sleep Apnea and Insomnia. You will be More Relaxed, Tension Free and Sleep like a Baby.*

Full Cardiovascular Workout: Medical Studies have Documented Far Infrared Therapy Lowers Blood Pressure, improves blood circulation and rebalances the body’s metabolism. A sauna session is a Genuine Passive Cardio Workout without exercise!*

Organic Skin Care:Infrared Sauna Treatments dramatically Renew Elasticin-Collagen Tissues while Crow’s Feet, Forehead Lines, Wrinkles, Age Spots, Scars, Varicose Veins and Stretch Marks Naturally Fade Away. Look Younger while you Cleanse Your Body from the Inside Out.*

Skin Conditions:Chronic Skin Conditions like Acne, Dermatitis, Eczema and Psoriasis literally Vanish. Infrared Energy Purges Clogged Pores, Neutralizes Infection and Hydrates Skin. You will Love the Soft Smooth Glow of Your Naturally Clear Complexion.*

Bulletproof your Immune System:Increased Production of White Blood Cells and Toxin Removal through Sweating combines to Improve Immunity against Chronic Infections, Flu, Sinus, Allergy Symptoms, Germs and Bacteria. Infrared Heat causes the body to produce Special Heat Shock Proteins, which are Powerful Immune System Stimulators.*

Melt Fat and Cellulite: Far Infrared Heat actually Breaks Down the Water Clusters that contain Fatty Cells and Toxins, which allows the body to Sweat Out this Cellular Waste through the Pores of the Skin. When the Body Temperature reaches 100 -101 degrees F, the Resonant Absorption Effect Literally MELTS Fat and Cellulite while you Sit and Relax!*

Cancer Therapy:Far Infrared Therapy has been applied as a complementary Cancer Treatment Worldwide for 20 years. Far Infrared Saunas Increase the Production of White Blood Cells, Killer T-Cells, and Interferon which Fight Cancer Cell Growth. Radiant Heat actually Kills Mutated Cancer Cells!*

Healing Power of Infrared: Healing Time for Damaged Tissues, Muscles, Tendons, Ligaments and Nerve Endings is Greatly Reduced. Increased Blood Circulation and Vasodilation of Blood Vessels Speeds Beneficial Nitric Oxide and Healing Oxygen to the Distressed Areas, while Removing Toxins and Lactic Acid. Enhanced Cell Regeneration will give you More Energy, Stamina and Mental Clarity.*

And Many More...