

FAR-INFRARED DETOXIFICATION SAUNA

What are Some Health Benefits?

- Promotes detoxification of heavy metals such as mercury, lead, cadmium
- Eliminates dangerous carcinogens such as Chlorinated Pesticides, DDT and PCBs.
- Cancer prevention
- Breast health
- Relief of chronic pain—arthritis, fibromyalgia, chronic fatigue
- Skin purification—acne, eczema, psoriasis
- Weight loss—burns up to 600 calories in a 25 minute session
- Reduces cellulite
- Boosts immune system and cardiovascular systems
- Can reduce high blood pressure
- Reduces stress
- Increases circulation and oxygen supply to nourish damaged tissue

How Does It Work?

Far Infrared saunas utilize ceramic heaters which naturally vibrate in the far-infrared wave length. This energy is efficiently absorbed by the human body; we naturally absorb it from the sun. It is not ultraviolet radiation, thus providing many of the health benefits of natural sunlight without and dangerous effects of solar radiation.

The heat emanating from the ceramic penetrates the body by 1-2 inches, triggering the sweat glands before the core body temperature rises. The thermal effect within the deep layers of the tissues causes blood vessels and capillaries to dilate; promoting a better blood circulation and the heat so produced helps to get rid of body toxins and metabolic wastes through sweating.

The temperature inside the SaunaRay is not at a high heat like conventional saunas. It allows sweating at lower, more tolerable temperatures so that heart patients and even asthmatics can go inside and sweat.

How often should I use it?

Ideally one should use the infrared sauna for 30 minute sessions 3-4 times a week. As research has proven 50—100 sessions have reduced environmental metals and toxins from human cells that may cause and contribute to many of today's diseases to normal background levels. However, even 1-2 times a week for a session of 10 –12 can have great health benefits and positive effects.

Call to find out our package prices. Ask your loved ones for a gift certificate of good health and enjoy the warming effects of the SaunaRay infrared sauna.



Why Did we choose Saunaraay™ Sauna for our Wellness Centre over other brands

Only the best for our clients always! Saunaraay builds medical grade saunas and guarantees no toxic materials are used in the manufacturing process. Neither the saunas nor the wood is imported from China and are never shipped overseas or back. Therefore no toxins are added to the body when the unit is heated. This is a very important consideration when choosing to detox in a sauna. There are other manufacturers that put out less expensive products, even perhaps with more “bells and whistles”, however we did our homework for you.

Their attention to purity has won them the devotion of doctors working at the University of Toronto, Harvard Medical School and Sunnybrook Hospital.

Saunaraay was recently chosen by the head physical therapist for the Ottawa Senators NHL team! According to medical doctors, naturopaths, chiropractors and physiotherapists, Saunaraay brand is the safest, most comfortable way to get healthy and stay healthy in today’s toxic world.

For more information on the company: Insert link to www.saunaraay.com

SaunaRay Inc. maintains the following Chemical Policy

- 1) All of our saunas are built free of toxic chemicals.
- 2) We never use formaldehyde by hiding plywood in the roof or floor, or anywhere else in our saunas. Plywood contains formaldehyde glue and is commonly used in portable saunas especially those built in China.
- 3) We will not use black paint, fiberglass, or heavy metal powder-coating on our heaters.
- 4) We will not use nylon, chemical fire retardants, or toxic glues on our protective heater covers.
- 5) We will not use plastic, install air fresheners, plastic ionizers or any other plastic material inside your sauna. Plastic binders called phthalates are linked to breast cancer. When heated they may vapourize into a sauna room, so you won't find plastic inside a SaunaRay – not even in the light fixture or the stereo speakers.
- 6) We will not use halogen lights inside your sauna. Halogen is designed to be used four feet from the human eye and only indirectly. Inside a sauna there is no safe distance for Halogen lighting. We use only incandescent lights for your comfort and safety.

Message From the President

"I lived in China for a year and was assigned by a large national company to report on the political, economic and social progress of this emerging Global giant. What I found was a nation awash in toxic poison. More than 300,000 people in the renovation industry died annually from toxins released off new building materials such as plywood, chipboard, and lacquer finishes. More than 90% of the Childhood blood disorders in Beijing occurred in children of home renovators. In Tianjin, a smaller city south of Beijing, I saw a nine story hospital being erected exclusively for the increasing number of women with breast cancer. Eventually my family became so ill from toxic exposure we evacuated home to Canada.

"This sauna was originally designed for my two year old son because there was nothing on the market which we trusted to heal him safely from the China experience. I needed an infrared sauna that was free of toxins, comfortable and child-safe, so this is what we designed. When the doctors we dealt with saw what we built, they wanted one too."

We founded SaunaRay to help people who are sick from toxic exposure. And help others prevent themselves from getting ill. Our goal is to offer a drug free way to get healthy or stay healthy. This is the only sauna in which I trust the health of my own children.

Sincerely,

Rodney Palmer, President
SaunaRay Inc

What doctors and users have to say about SaunaRay Infrared saunas

Cancer Prevention is Possible!

SaunaRay released the results of its cancer prevention study in 2006. In it they examined known and suspected Carcinogens such as Chlorinated Pesticides, Lead, Mercury, DDT and PCB. The results showed that after only two months sweating in a SaunaRay unit, levels of all these toxins were dropped dramatically.

“The primary toxins in breast cancers are common, and are present in the fat cells of almost every woman in Canada,” warns Dr. Kaur.

“The infrared sauna is ideal for detoxifying breast tissue. Because we know definitively that the toxins in breasts are close to the surface and they can come out with sweat.” Sat Dharam Kaur ND

Author of: The Complete Natural Medicine Guide to Breast Cancer

“I’ve had patients reduce their mercury down to non-detectable levels in their SaunaRay units. That’s why I got one for myself, and that’s why I recommend them to my patients.”

-Dr. Zoltan Rona MD-

“My patient lost 12 pounds in three weeks. I had predicted it wouldn’t work, but once she started to detoxify it became very easy.”

“Our biggest success comes from clients who have plateaued during weight loss. They find that with sauna usage they are able to overcome the plateau and shed more pounds!”

Dr. Julie Wyatt ND, -Markham Village Naturopathic Centre

“My Psoriasis is completely better. This is a beauty treatment, a cosmetic treatment, it’s the best. I’m truly amazed.”

J. Bowcott, Scarborough, Ont.

“In the first 3 months of using the SaunaRay, I lost over 15 pounds (I say I “melted” it off). “

Patricia McAllister-Smith,
Ontario, Canada.

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Infrared SaunaRay Detox Sauna session

Try your first low-heat
infrared sauna to
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