



These days we all have busy lifestyles typically from 9 am to 9 pm and taking time out to relax and look after our fitness seems to take second place. But thanks FAR Infra-RED Sauna which based on conventional remedies and new technology where we can remain fit and relaxed with-in 20 minutes everyday while doing other parallel activities like reading newspaper, using mobile, drinking healthy beverages or listening music. While detoxifying your body, you also burn approx. 600 calories which is equivalent to 10 kilometers of walk.

The Far Infrared sauna provides a wider array of therapeutic benefits compared to a traditional sauna or steam room. The gentle soothing heat penetrates deeper into the body (2" vs. 2mm). As it enhances the metabolic processes of vital organs and glands, greater amounts of toxins are eliminated. Painful joints and muscles are relieved with the increased blood flow. Even though the temperature is cooler (110-130F in Far Infrared sauna vs. 180-210F in a traditional sauna), 2 to 3 times more sweat is released. The comfortable and relaxing experience will

Wellness is shutting down, letting go and reconnecting with you, for an improved quality of life. Unwind yourself with FAR INFRARED (FIR) SAUNA + Oil Massage/ Shirodhara.

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leave you with a greater feeling of well-being. It also consumes one third of electrical power than the traditional sauna. It is very easy to maintain even at home.

Because of the high level of pollution, we are exposed to; we inhale harmful toxins & heavy metals, as well as poor dietary and exercise habits, need for regular sweating has become very critical. This makes FIR Sauna a preferred lifestyle product by many practitioners for purifying and detoxifying the mind, body & soul. Deep breathing inside and physical movements of hands and leg will further enhance its benefits.

Oil Body Massage or Shirodhara is an amazing, unique body therapy from the ancient natural medical system Ayurveda. Oil Massage and Shirodhara has a profound impact on the human body nervous system. That means, the treatment directly and immediately calms, relaxes and has a cleansing effect on the mind, body and soul.

I've compiled everything you need to know about shirodhara & Oil massage therapy in this article for understanding it from the basics. Now, if you really see that both the treatments are physically applied on body and now if we add FAR InfraRED Sauna treatment before the shirodhara or oil massage, the benefits of

these therapies will be enhanced substantially as FIR rays go deep inside the body approx. 1.5 inches and improve the blood circulation, soften the muscles and activate the sweating glands. As it is FIR has similar benefits hence final effect on the human body is much better as oil gets absorbed better and FIR Sauna prepare the body for this.

Royale Far infrared saunas provide the following health benefits:

Burn Calories

In response to the warming effect of Far-Infrared, heart rate, cardiac output and metabolic rate increase. These reactions provide a 'passive exercise' effect, which amazingly, can burn up to 600 calories in 30 minutes. Far-Infrared has been researched by NASA and determined to be an ideal way to maintain astronauts' cardiovascular fitness during space flights.

Detoxification

Modern day environmental toxins often become trapped within our bodies. Far-Infrared energy has the ability to mobilize these tissue bound toxins, which are then expelled in our sweat. Our tissues absorb Far-Infrared energy up to a depth of 1.5" thus; the sauna releases toxins from throughout our body. Contaminants, including mercury, lead, pesticide residues, solvents and by-products of fossil fuel combustion, are

expelled through the skin thus, bypassing the liver and kidneys. Avoiding placing a toxic burden on one's liver and kidneys is a major advantage of sweat detoxification.

Pain Relief

Far-Infrared has been used throughout Europe and Asia to treat a wide array of muscular-skeletal ailments. Conditions such as arthritis,

bursitis, Fibromyalgia, backache, sprains and strains often benefit from this deeply penetrating heat. Far-Infrared stimulates cardio output and causes blood vessels to dilate. The enhanced blood flow brings pain relief and healing to muscles and other soft tissue.

Improve Blood flow & Skin Glow

In order to eliminate heat, your body increases blood flow to the skin. In addition, the skin adapts to this process, making it healthier. Near infrared lights can help accelerate wound healing and reduce inflammation of the skin. In addition, it has been used to treat acne, actinic keratosis, and basal cell carcinoma. Skin problems like eczema and psoriasis involves both inflammation and a vulnerability of the skin barrier. The sauna is often helpful in the treatment of acne, psoriasis and eczema. Skin is left soft and smooth with improved tone and elasticity as the profuse sweating experienced with Far Infrared deeply cleanses the pores. Later, when the person goes for the massage, he or she find massage much more effective and entire body feels much more relaxed, flexible, young & energetic.

Royale Infrared Sauna for Business

Royale Far Infrared Sauna designed with your health business in mind. With a relatively low Capital investment to existing wellness setup – see yourself how quickly you will be able to generate a great return on their additional investment. May be it is just 6 months. Further, for your customers, it would be all together a new experience. JUST TRY with ONE UNIT

With hundreds of commercial installations across India, all of our sauna models are commercially tested and certified providing you with peace of mind. DT



Benefits of Shirodhara

- ① Relaxes Mind
- ② Promotes Better Sleep
- ③ Improves Concentration
- ④ Nourishes Hair and Scalp
- ⑤ Reduces Anxiety and Fear
- ⑥ Reduces Memory Problems