

Wellness from the Himalayas

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Enjoy pink health & Skin care
during winters with Nutritive Diet,
Light Exercise & Royale SMART FAR
InfraRED Sauna 2.0.

Nutritive Diet: What we eat every day is very important to keep us fit throughout our life. No matter how much we exercise or do other means to keep fit but if we are not taking a balance diet as per season and our body requirements, our fitness will remain incomplete and our immune system will be effected which means inviting deceases.

What to Eat in winter to Keep Warm

When temperatures start going down rapidly, everyone wants a way to keep them warm. However, many healthy winter foods around us help to keep the body warm\ even when it is chilly outside & also help to stay healthy in winter. Foods like Honey, Tulsi, Ginger,

Dry fruits, Ghee and hot soups are ideal for consumption in winter season.

Light Exercise / Yoga: Finding time to work out can be challenging any time of year, but especially in the winter. As the blustery, cooler months arrive, the idea of traveling to and from the gym, or finding a time that actually fits into the dwindling daylight hours, becomes more challenging.

With the season come freezing temperatures, snow, darker nights, and just more clothing to lug around. Creating a home workout routine and sauna can be just as beneficial as a gym, plus it's stress-free, inexpensive, and customizable to whatever you need. By creating a home routine, you can move at your own pace, stretch how you like, and practice any of the poses you want that you might have felt uncomfortable or intimidated doing in a group setting. All you need is a little self-motivation and you'll have your home practice routine down in no time. Following are the most common issues during winters.

Dry Skin: Dry skin is a common condition and is often worse during the winter, when environmental humidity is low. Contrary to popular belief, moisturizing lotions and creams aren't absorbed by the skin. Instead, they act as a sealant to stop the skin's natural moisture evaporating away. The best time to apply moisturiser is after a bath or shower while your skin is still moist, and again at bedtime.

Weight gain in winter: Exercising daily may already be a struggle, and adding another obstacle in the form of cold and unruly weather can really extinguish any motivation. To best combat weight gain, make a conscious effort to get at least 30 minutes of exercise such as an indoor spin class, or even a yoga class, to outsmart the elements—at least several times per week.

Painful Joints: Many people with arthritis say their joints become more painful and

stiff in winter, though it's not clear why this is the case. There's no evidence that changes in the weather cause joint damage. Top tip: Daily exercise can boost a person's mental and physical state.

FAR InfraRED Sauna is ideal solution to all these issues during the winter time & also keeps your body warm & flexible

FAR Infrared Sauna 2.0: You had been reading my articles on FAR InfraRED Sauna and it's a big list of benefits associated with it. Now, I am not going to repeat it in this article.

Himalayan salt is known for being the purest salt on earth, rich in minerals and a natural detoxifier of the body and surrounding air. The unique beauty and wellness benefits of Himalayan Pink Salt are truly unbeatable.

Each brick of Himalayan Pink Salt is unique in itself, with different hues of pink and white that swirl together to give off the appearance of stained-glass. This unique coloring comes from a high concentration of minerals and trace elements. When gently heated by the warmth of sauna, the salt crystals release these minerals enriching the quality of the surrounding air which, in turn, is breathed in and absorbed into the body. It is also thought that heating the Himalayan salt crystals activates the hygroscopic (moisture absorbing) properties of the salt. This process releases negatively charged ions that attach themselves to bacteria, dust, and other pollutants, cleansing and purifying the air.

Because it is naturally antibacterial and anti-inflammatory, halo therapy (salt therapy) is becoming increasingly



popular for its therapeutic properties. Himalayan salt has been used as a way to combat respiratory discomfort, reduce seasonal allergy symptoms, and to draw out toxins from the body and skin. There are even thought to be detoxifying benefits from just setting your feet or hands on a heated brick of Himalayan Salt which can be done while enjoying your sauna.

BENEFITS OF Himalayan Salt Sauna

In addition to the benefits of the Infrared Sauna, the Himalayan Salt Sauna releases negatively charged ions which serve to purify the circulating air as well as allow our bodies to reap health benefits including stress reduction, energy increases, and mood boosts at a biochemical level. Containing at least 84 naturally occurring trace elements in their natural mineral form, the benefits of Halo therapy (the inhalation of micronized dry salt within a chamber) are abundant. When the effect of pure Himalayan salt is added. DT

