

An infrared sauna detox can rid body of impurities

2012 should start on the right foot, with resolutions that are life-changing and achievable: lose weight, eat healthy, get fit and detox.

Most of us know, and are familiar with, the first three. But how many of us know about detox? How do you detox?, Where do you detox? When do you detox?

If you look up detoxify in the dictionary, this is the definition you will see: *a*: to remove a harmful substance (as a poison or toxin) or the effect of such from *b*: to render (a harmful substance) harmless.

One of the most popular ways today to detoxify is using an infrared sauna.

Sauna detox is a widely-used treatment in alternative medicine. Recently, it has received significant mainstream attention as a result of a movement toward natural and self-directed treatments.

Sweating is the body's safe and natural way to heal and stay healthy. Infrared saunas are designed to promote deep, natural, detoxifying sweat.

The leading sauna detoxification principle suggests that common illnesses are caused by the build-up of toxic substances in the body. Ridding

the body of these toxins through a natural sauna detox may help relieve symptoms, prevent future illness and increase overall health and vitality.

Reports from the United States Center for Disease Control estimate that more than 80 per cent of all illnesses have causes rooted in personal environments or lifestyles.

In an industrialized society, we can do little to reduce exposure to toxins in the air we breathe and the food we eat. As a result, sauna detox has become a leading treatment to achieve greater health and wellness.

How often should you sauna? Leading professionals suggest 2 to 3 times a week using a 30 to 40-minute session. The most beneficial time of this session is the temperature climb between 110F and 140F. It is recommended while using the sauna you stay hydrated and drink six glasses of water.

After your session, you will feel rejuvenated and your skin will glow, not to mention you will be totally relaxed by the quiet time alone.

Many leading spas and wellness centres offer infrared sauna detox.

—Article provided by Michelle Clement of Tan-It and Relax-It Spa, 118 Guelph St., Georgetown

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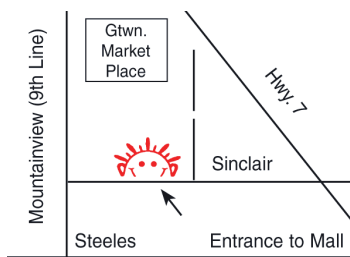
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