



TOP TEN HEALTH BENEFITS OF THE THERA360 PLUS

Therasage infrared saunas offer a range of health benefits due to their use of infrared heat technology. Here are the top ten health benefits of using a **Thera360 Plus Personal full-spectrum infrared sauna**:

Detoxification: Infrared saunas promote deep sweating, which helps the body eliminate toxins, such as heavy metals and environmental pollutants, improving overall health.

Pain relief: Infrared heat penetrates the body's tissues, reducing inflammation, muscle soreness, and joint pain, providing relief for conditions such as arthritis and fibromyalgia.

Improved circulation: The increased blood flow during an infrared sauna session helps deliver more oxygen and nutrients to the body's cells, supporting better overall circulation and cardiovascular health.

Weight loss support: Regular infrared sauna use can aid weight loss efforts by increasing the body's metabolism and burning calories through the process of sweating and increased heart rate.

Skin health: Infrared saunas can help improve skin health by stimulating collagen production, reducing signs of aging, and promoting a natural, healthy glow.

Relaxation and stress reduction: Infrared saunas provide a soothing and calming environment that helps reduce stress, promoting mental and emotional well-being.

Immune system support: The increased body temperature during an infrared sauna session can boost the immune system by stimulating the production of white blood cells, helping the body fight off infections and illnesses.

Improved sleep: Regular infrared sauna use can help improve sleep quality by promoting relaxation and reducing stress, making it easier to fall asleep and stay asleep through the night.

Faster workout recovery: Infrared saunas can help speed up muscle recovery after exercise by increasing blood flow, reducing inflammation, and relieving muscle soreness, allowing for more effective and consistent workout routines.

Enhanced mood: Infrared saunas can help improve mood and overall mental well-being by promoting the release of endorphins, the body's natural "feel-good" chemicals, while also reducing stress and anxiety levels.

By incorporating Therasage infrared **sauna** sessions into your wellness routine, you can experience these health benefits and work towards a healthier, more balanced lifestyle.