



## INFRARED SAUNA THERAPY

# SKIN PURIFICATION & REJUVENATION

### ANTI AGEING



As part of a sauna skin therapy program, Sunlighten infrared saunas help restore skin to a youthful appearance. Forego expensive cosmetic treatments that may have limited effects or questionable long-term safety.



Connie Zack explains in conversation with Randy Alvarez, leader in medical news & information (wellnesshour.com).

Instead, rejuvenate your skin while also receiving all of the other health benefits associated with Sunlighten's leading infrared sauna therapy.

A study published in The Journal of Cosmetic and Laser Therapy showed significant improvements in skin appearance after just 12 weeks of sauna skin therapy using near-infrared technology. Participants experienced a reduction in wrinkles and crow's feet, as well as improved overall skin tone, including softness, smoothness, elasticity, clarity and firmness.<sup>1</sup>

Sunlighten's Solocarbon 3-in-1® is the only infrared sauna heater on the market with LED near-infrared light therapy! In fact, it comes with an anti-aging program that is designed from this study!

### REFERENCES

- <sup>1</sup> B.A. Russell, N. Kellett & L.R. Reilly. *Study to Determine the Efficacy of Combination LED Light Therapy (633nm and 830 nm) in Facial Skin Rejuvenation*. Journal of Cosmetic and Laser Therapy, 2005; 7: pp 196-200.

## ANTI AGEING



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# SKIN PURIFICATION

### THE COMPLETE PICTURE OF SAUNA SKIN BENEFITS

**3-in-1 infrared sauna skin therapy offers a well-rounded approach to skin care with near infrared LED technology. Discover everything infrared saunas can do to rejuvenate and purify your skin and help keep it looking healthy and happy.**

#### ACNE

Infrared saunas may not only improve the appearance of acne scarring, but they may actually help reduce acne in the first place. Typical acne is caused by a build-up of oil on the skin, and if you produce a lot of oil, that can lead to constant breakouts. Infrared saunas cause you to sweat from infrared heat – not actual heat – which can help clean out those clogged pores. When a sauna session is complete, a quick face wash ensures the unclogged pores do not clog up again.

#### SKIN DETOXIFICATION

Infrared saunas are clinically proven to reach deeper levels into your skin, effectively removing toxins such as heavy metals. Our Solocarbon technology heats your body to the core, pulling out toxins that can clog your pores and lead to a host of health issues beyond just within your skin.

#### TONE AND TEXTURE

In a study done in 2006, doctors looked at the impact of infrared on collagen and elastin in our skin, two of the most important ingredients to healthy skin. They found that both collagen and elastin increased after exposure to infrared, and all patients included in the study reported enhanced skin texture, less roughness, and improvement in colour.

