

Ultimate

Personal Infrared Saunas

Relax · Repair · Rejuvenate

From a health and wellness perspective, a personal infrared sauna is a convenient, unique and safe way to make a difference for the following conditions:

- Chronic pain
- Arthritis
- Diabetes
- Heart Disease
- Fatigue
- Insomnia
- Stress
- Muscle Strains
- Menstrual Cramps
- Neuropathy
- Varicose Veins
- Certain Cancers
- Fibromyalgia
- Heavy Metal Toxicity
- Alzheimer's
- Lyme
- Sciatica
- Depression

This is just a handful of hundreds of conditions that continued exposure to infrared has helped.



The personal infrared sauna (PIS) would make a great addition to any home. Points to consider include:

- If you are looking for some extra rest and relaxation, the warmth and comfort of PIS is a great way to take a break, relax and help alleviate chronic stress.
- Get all the health benefits of infrared therapy right in the convenience of your own home. Use while watching TV, working on your laptop, talking on the telephone or reading a book.
- PIS is a great investment for your home and its portability makes it easy to move from room-to-room. The standard power requirements make it both convenient and flexible.
- PIS are great therapy before and after physical activity getting the body "warmed up" before activity and aiding in recovery post activity.

What Makes This Sauna Different?



The Ultimate Personal Infrared Sauna saved my husband's life. When he couldn't sleep from pain he would sit in the sauna for one hour and then fall into a deep sleep. I would recommend them to anybody.

— Marilyn S. Topeka, KS

Before I could only golf every 3 days because of severe knee pain. Now with my Ultimate Personal Infrared Sauna I golf every day. NO PAIN.

— Tom B. Alberta, Canada

Head & Heart

Keeping your head and heart out of the heat means virtually unlimited sauna time.

Full Spectrum

Far infrared heat surrounds you while near infrared heat from the seat helps with gut level health.

Six Heaters

Six heat sources means more thorough penetration and greater benefits.

Seating Comfort

For extra comfort, choose the model with a reclining back and tourmaline stone.

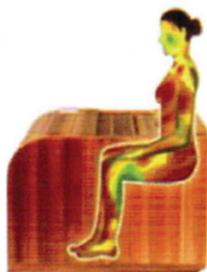
No Sweat Option

With a 90 - 170 range you can either choose the traditional sweat method or our recommended clothes on, no sweat option.

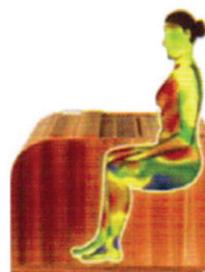
Ultimate Personal Infrared Saunas



Before Ultimate Sauna Use



After 15 Minutes Ultimate Sauna Use



Changes During Daily Use

Noticeable change in body core temperature

Cooler

Warmer

Major Positive Side Effects of Continuous Infrared Sauna Use

- Total Detox
- Boosted Immune System
- Reduced Inflammation
- Improved Circulation
- Increased Metabolism

Welcome to the future of Infrared Saunas



Ultimate Recline

6 Heaters

Lower Back – Carbon Through Tourmaline
 Floor Heater – Full Floor Carbon
 Under Bench – Near Infrared Heat Lamp
 Right Front – Carbon
 Left Front – Carbon
 Front Heater – Tecoloy

Dimensions

Exterior: 29"W x 46"D x 32"H

Electrical Specifications

120 Volt / 946 Watt / 15 Amp

Features

Low-EMF Components
 Old Growth Quality Canadian Western Red Cedar
 Portable & Easy to Move

Weight: 140 lbs

Based On A Review From The Mayo Clinic, Benefits May Include:

- Improved cardiovascular function via improved endothelium-dependent dilatation,
- Reduced arterial stiffness, modulation of the autonomic nervous system,
- Beneficial changes in circulating lipid profiles and lowering of systemic blood pressure,
- Improved recovery in athletes and for patients undergoing therapy,
- Improved pain and stiffness in Rheumatoid and Ankylosing Spondylitis Patients,
- Improved pain and stiffness for Osteoarthritis.

Masuda, Akinori, et al. "The effects of repeated thermal therapy for patients with chronic pain." *Psychotherapy and psychosomatics* 74.5 (2005): 288-294.

Oosterveld, Fredrikus GJ, et al. "Infrared sauna in patients with rheumatoid arthritis and ankylosing spondylitis." *Clinical rheumatology* 28.1 (2009): 29.

Noponen, Perttu VA, Keijo Hakkinen, and Antti A. Mero. "Effects of Far Infrared Heat on Recovery in Power Athletes." *Journal of Athletic Enhancement* 2015 (2017).

Beever, Richard. "Far-infrared saunas for treatment of cardiovascular risk factors: summary of published evidence." *Canadian family physician* 55.7 (2009): 691-696.

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