

# HEALTH

## HEALTH BENEFITS

Near, mid, and far infrared wavelengths help you feel even more amazing after a massage, facial, workout, or even as a stand-alone treatment. The health benefits increase with regular use over time.

Select one of six health programs and know the warmth you feel is delivering what you need because Sunlighten's mPulse sauna delivers precise combinations of near, mid, and far wavelengths at the optimal dosage for each health focus, based on clinical studies.

### **Detoxification**

Infrared waves penetrate at the cellular level to help eliminate toxic heavy metals, drug residues, and hormone disruptors. It also helps with lymphatic drainage and supports the body's detox systems.

### **Weight Loss**

Raising core body temperature can increase circulation similar to cardio exercise, stimulate metabolism, and help eliminate toxins that cause fat storage, making your session a great support to weight management.

### **Heart Health**

Sunlighten's far infrared technology has been clinically proven to temporarily reduce both systolic and diastolic blood pressure.

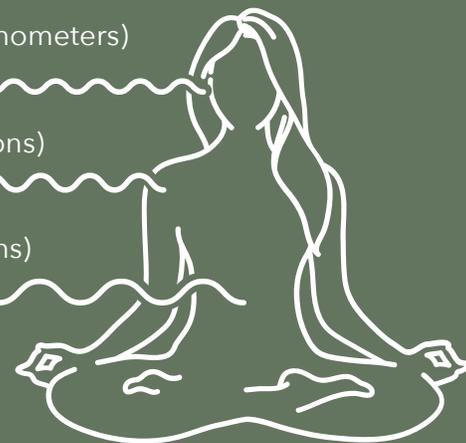
**Near** (880 nanometers)



**Mid** (6.7 microns)



**Far** (9.4 microns)



### **Anti-Aging**

The near infrared LED light therapy panel helps stimulate cell growth and rejuvenate skin. Sweat also helps skin appearance as pores open from the deeper sweat induced by our infrared light therapy.

### **Muscle Recovery**

Infrared sauna therapy penetrates muscles deeper, increases blood flow, and helps the body recover faster.

### **Immunity**

Infrared activates the immune system by raising core body temperature that mimics a fever. Sunlighten's infrared is proven to raise core body temperature 3 degrees.

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