

By definition, a sauna is a special, insulated room that is built with softwood.

A bathing process, a sauna must consist of a heater that is capable of heating the room to approximately 180° F, as well as stones that produce steam when it is heated and also when water is poured over them.

Often compared to a steam bath, a sauna is a relatively **dry** experience that produces approximately 20 to 25% humidity levels.

Infra-Red heat has also been used extensively in the **treatment of arthritis, rheumatism and muscle spasms and pain relief.**

The deep heat of the Infra-Red Sauna helps dilate blood vessels, bringing **relief and healing to muscle and soft tissue injuries.**

This also increases blood circulation, allows more oxygen to get to oxygen depleted muscles, so they **recover faster.**

The sauna can also comfortably seat up to three people, sauna sessions are \$35 per session but packages are available.

Regular use of our sauna will assist in the clearing of

- **Cellulite**
- **Improving skin tone**
- **Helping with weight management**
- **Energizing the body**
- **Whilst relaxing the mind.**



Have a Sauna session prior to a massage to really unwind and relax you completely.

DAY SPA AT UNLEY PARK OUR INFRA- RED SAUNA



Level One,
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What is an Infra-Red Sauna?

A conventional Sauna relies on an indirect means of heat.

Air must be heated to 180-225 F degrees to heat skin superficially.

Infra-Red heat penetrates 1 1/2 inches below the skin which causes the body to sweat at a temperature of 110 -220 F degrees.

This difference explains the many benefits that Infra-Red Saunas have over conventional Saunas.

Far infra-red is able to penetrate the body up to 6cm, inducing 23 Times the sweat volume of a regular sauna.



An Infra-red sauna operates at much safer and more comfortable temperatures for purifying and detoxifying the body.

Infra-Red Sauna will help eliminate excess moisture, **salt and subcutaneous fat from your body.**

Sweating is a part of the complex thermoregulatory process of the body that increases the heart rate which consumes energy.

Our **Infrared** Sauna will detoxify the body.

The sauna uses safe and naturally occurring far infrared rays that effectively **detoxify the body** of many lifelong accumulated toxins and heavy metals.

The far infrared rays enable the body to produce more sweat than in a traditional sauna without the need for high temperatures.

The sauna operates effectively at the comfortable temperature of between 30-65 °C.

So Share a Sauna at Day Spa at Unley Park or use it by yourself.

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