

How Does Infrared Heat Work?

Infrared waves are invisible light waves. The heat that is produced by infrared heaters is radiant heat, making it more tolerable for your body than traditional forced-air heating systems. The infrared heat is absorbed by your body, heating you from the inside out. Additionally, infrared waves are absorbed more deeply into your muscular and skeletal systems than traditional forms of convection heat.

As the infrared waves are absorbed by your body, molecules begin to vibrate, causing them to start to expel the toxins, fat and impurities from your cells into your blood stream. These will then be released from your body in the form of sweat. The result is an incredible detoxifying effect at a cellular level. Your muscles and internal organs will be gently warmed. This form of heat is perfectly safe. Hospitals use infrared heat to keep premature babies warm. Eight percent of the sun light from that makes it to Earth is infrared, making it a form of heat energy that is easily processed by our bodies.

What Are The Health Benefits?

Yoga practiced in our Infrared heated studios will give you more than just an amazing workout. There are numerous health benefits that will revitalize your body:

- Sweat produced by infrared heat contains approximately 20% toxins, compared to 3% with sweat produced by traditional heat and exercise. The higher percentage of toxin removal is because infrared waves are absorbed more deeply into the cells of the body.
- Infrared helps to release enzymes that increase the elimination of damaged tissues. During this process, nitric oxide is released which helps expand capillaries and increases blood flow, helping to lower blood pressure.
- Infrared heat increases circulation and body temperature, which causes us to sweat. Sweating allows us to remove toxins, bacteria, and dead skin. Infrared heat also stimulates the production of collagen, new cell tissues, and rapidly increases skin regeneration, improving skin tone, texture, and elasticity.
- Because your body temperature is raised, the infrared heat is in effect, creating an “artificial fever”. Your immune system is stimulated and will work for effectively to fight any bacteria and viruses present in your system.
- By increasing blood flow and because of the deep penetrating heat, infrared heat will help to eliminate joint and muscle pain. The increased blood flow helps to heal sore muscles and joints.
- Infrared waves are deeply absorbed by the cells of the body, breaking down cellulite into a water soluble substance that can be eliminated through sweating.