

*Provided at our Ayurveda Wellness Center, Coopersburg, PA
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Sarvanga Swedana – Steam Sauna

A powerful new system for stress reduction and a healthier body!

BENEFITS*:

- * Stimulate blood circulation
- * Improve sleep
- * Increase metabolism
- * Heal colds and prevent gas
- * Relax tired muscles and joints
- * Prevent heart disease
- * Eliminate fatigue
- * Provide a cardiovascular workout
- * Cleanse and nourish pores
- * Add radiance to your skin
- * Help condition your blood vessels
- * Burn fat
- * Relief muscle and joint pain
- * Flush out toxins
- * Alleviate respiratory problems
- * Allow greater penetration of the scalp - A good treatment for hair loss
- * Promote your body's natural healing processes
- * Reduce stiffness and increase flexibility

The Benefits of Sauna & Steam*

The Steam Sauna provides an environment for overall mental and physical health. The combination of body perspiration, rest and rapid cooling stimulates circulation, reduces muscular and nervous tension, and heightens cognitive awareness. You'll also enjoy a restful, sound sleep, which is worth its weight in gold to most of us in today's fast-paced lifestyle! The unique benefits of sauna use have become increasingly popular in modern society; the physiology of perspiration includes how sweating helps rid the body of waste, regulates body temperature, and invigorates our largest organ, the skin. The metabolic effects of sauna and sweat baths, the positive influence of negative ions released by steam, and the more subtle spiritual and social benefits of the sauna experience all contribute to a heightened sense of well-being. Medical studies show that frequent sauna bathing helps reduce stress and keeps your circulatory system running smoothly.

Other benefits to sauna and steam bathing:

Provides a cardiovascular workout and helps condition the heart*

The heart rate increases when the body is exposed to high temperature, which improves circulation. During a 10-20 minute sauna session, your heart rate increases by 50-75%. This provides the same metabolic result as physical exercise and the increased cardiac load is the equivalent to a brisk walk. There is a nominal effect on blood pressure because the heat also causes blood vessels in skin to expand to accommodate increased blood flow.

Soothes and relaxes tired muscles*:

Sauna bathing can also be beneficial as pre/post workout relaxation, help relieve allergies and sinus congestion, help relieve arthritic pain and reduce sunburn pain. Also revives tired and strained muscles after physical exertion.

Aids in weight loss*:

When combined with a healthy diet and regular exercise, sauna bathing can burn as many as 300 calories during each session, which is equal to running 2-3 miles. Spas and other such therapeutic facilities utilize saunas and steam baths in conjunction with massage to loosen fatty tissue and assist in the battle against cellulite.

Cleanses skin*:

By opening pores in your skin and flushing unhealthy toxins through sweating, the Steam Sauna will cleanse and beautify, establishing an overall more youthful appearance. It promotes a wondrous feeling of relaxation and a total mind and body experience, which no bath can duplicate.

Creates artificial healing environment*:

When taking a sauna, skin temperature rises to 40°C (104°F) and internal body temperature rises to about 38°C (100.4°F). Exposure to the high heat creates an artificial fever state. Fever is part of the body's natural healing process. Fever stimulates the immune system resulting in increased production of disease fighting white blood cells, antibodies and interferon (an anti-viral protein with cancer fighting capability).

Steam is an excellent therapy for respiratory problems, such as chest congestion, bronchitis, laryngitis and sinusitis*.

** These statements and results are not evaluated by Food and Drug Administration and are not intended for use in the diagnosis, treatment and prevention or cure any physical or mental disease.*