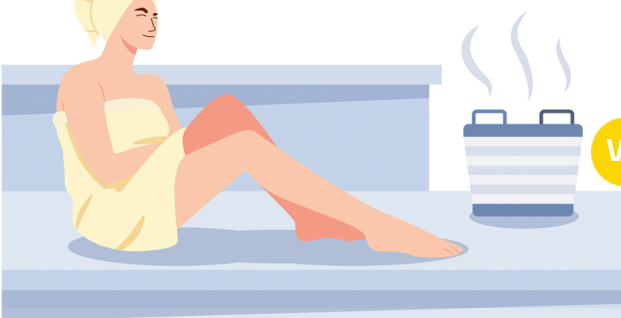
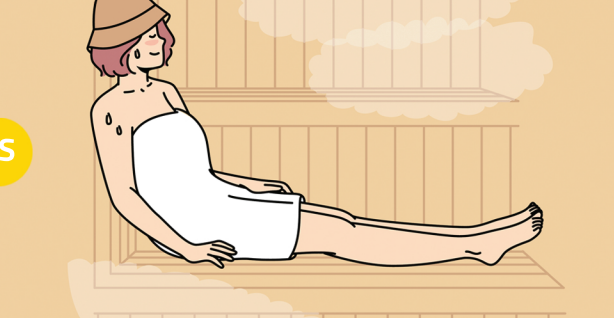









Traditional vs Infrared Sauna

Traditional Sauna		Infrared Sauna
	VS	
More humidity control		Less humidity control
Requires more power		Requires less power
Sweat happens at higher temperatures		More sweating at lower temperatures
Heat 185 - 195 degrees F		Heat 120 -160 degrees F
Uses a heat stove as a heat source		Uses infrared light in panels as a heat source
More superficial heating		Deep penetrating heating
Type of Heat Wet/Dry		Type of Heat Dry



GastroDoxs
defenders of the digestive system