Making Australia well again
Avoiding Knee Surgery is just one of the reasons our clients choose our steam-free Far Infrared Saunas!

They say that you generally only get one shot at knee replacement.

John Bromley is putting it off as long as possible.

Thankfully he has found a solution that doesn’t involve injecting nasty drugs or going under the knife.

Surgery will have to wait.

It’s his players that call him Dr Death by the way.

We were afraid to ask why.
We always knew we were on to something special when we discovered far infrared therapies, but even we were surprised at just how effective our iHealth Far Infrared Saunas would be.

We receive compliments almost every day (100s of them on our files) and feedback like the one opposite, almost weekly.

It doesn’t surprise us that many people don’t believe the range of ailments that benefit from a far infrared sauna. Maybe it’s simply that detoxifying the body means that we are more able to fight virus and disease... aging even... and maybe we’ll never know quite why exactly, but judging by the feedback (not to mention clinical trials and applications by medical professionals the world over) the evidence is overwhelming. Our far infrared sauna, with regular use, is likely to make you: feel better; live longer; lose weight; reduce or eliminate pain; recover from injury or exercise; and a whole lot more.

We, the Tyson family, embarked on a mission to help our own family become healthier … which has now evolved into a mission to help all Australians become well again.
Without sunlight, life would cease to exist. Only a small percentage of all sunlight is visible and less than 2% of that is infrared... and that’s the good stuff. No nasty ultraviolet that burns your skin and causes cancer.

So, if nothing else, your iHealth Far Infrared Sauna is one way to take in some good rays, without the damaging UV.

iHealth Far Infrared Saunas combine the highest quality carbon far infrared panels and moveable solid ceramic heaters, to selectively emit the most healthy wavelengths from the sun’s energy spectrum.

Regular treatment using far infrared energy can benefit our health and well being in dozens of ways.

Here are just the basics.

- Relieves the symptoms of arthritis, rheumatism and fibromyalgia.
- Relieves muscle, back and joint pain.
- Removes toxins naturally.
- Burns up to 1000 calories in 30 mins.
- Promotes beautiful, youthful skin.
- Strengthens cardiovascular system and boosts immune system.

Independent studies have also shown improvements when using far infrared therapies on these conditions and more.

- Back, neck and muscle pain
- Rheumatism
- Fibromyalgia
- Blood Pressure issues
- Burns
- Menopause Symptoms
- Fatigue
- Cirrhosis of Liver
- Strained Muscles
- Asthma
- Diabetes
- Nervous Tension
- Stretch Marks
- Cancer Pain
- Menstrual Cramps
- Arthritis
- Varicose Veins
- Gastritis
- Crohn’s Disease
- Bronchitis
- Haemorrhoids
- Cystitis
- Duodenal Ulcers
- Leg Ulcers
- Cold hands and feet
- Compression Fracture Pain

... and many, many more!
Safe and efficient far infrared energy.

Our far infrared panels are specifically designed to emit energy at the same wavelength as that emitted by the human body.

As an added benefit iHealth Far Infrared Saunas operate at substantially lower temperatures than conventional steam/hot rock saunas, permitting extended and more comfortable sauna sessions.

Our body readily absorbs far infrared or healthy light (energy) to a depth of 45mm creating a deep, penetrating heat that relaxes, soothes and loosens sore joints and muscles.

Conventional steam saunas heat the air to extreme levels yet only penetrate our body 5 – 10mm.
**Australian designed Saunas that comply with Australian Electrical Standards.**

iHealth have set a new benchmark in sauna safety. Our saunas are built to Australian Electrical Safety Standard AS/NZS 60335.1:2011 Certificate No. SGS-150639-E

**Lacquered, sealed brass trim** is used to enhance the aesthetic appearance of the sauna, and provide protection to the corners.

**Double-skinned walls provide better insulation** and our unique, solid brass, interlocking system gives cabin strength and rigidity.

Give one a shake. You’ll believe it was bolted together. It’s very strong and easy to assemble.

**Industry Leading Warranties and the resources to back them up.**

Delivering on warranties is not easy. Storage facilities, stock, staff, delivery options and a commitment to deliver are required. We offer: a lifetime heater warranty; 5 year cabinet warranty; and 5 year electrical warranty with absolute confidence. It’s what we’ve become known for.

**A Pioneer CD/FM/AUX/USB Stereo with dual speakers** and iPod connectivity is fitted to all models.

Colour Therapy is also available in most models. Colour-Change Lighting creates an inviting ambience.
Movable Solid Ceramic Heaters to target specific areas.

All our saunas incorporate movable solid ceramic heaters, which emit a more intense far infrared heat, to target specific problem areas such as knees, hands and feet.

No electrician needed. You can even assemble it yourself... if you like.

We’ve done all the hard work, all you have to do is put it together... or you can sit back and relax while we put it together for you. Simply plug your sauna into a standard 240 volt/10 amp power point!

Heavy duty, Stainless Steel Hinges provide precision and a lifetime of service.

Stainless Steel Door Handles add to the overall appearance and our aim of supplying a sauna that looks like new for many years to come.

We chose Canadian Hemlock Spruce for our cabinets, because it’s hypo-allergenic and resin free.

We kiln dry for 45 days, to make it resistant to splitting or cracking.

NO toxic glues are used in the construction of iHealth Saunas.

The Control Panel is internally mounted; simple to operate; and provides temperature, time and pre-set controls.

There is also an interior reading light so you can read a favourite book, scan the newspaper, or write to a friend.
We’ve made buying a sauna for home use affordable... for just about everyone.

We’re not for a moment suggesting that our saunas are cheap. They’re not... but we wanted to design the best value-for-money saunas available in Australia.

So we set about designing quality, high-end saunas with bells and whistles, including the best quality components we could find or have produced to our specifications... from colour therapy and sound system to moveable heaters and automatic control functions.

All iHealth Saunas have these features in common.

• Australian Electrical Compliance Certificate No. SGS/150639-E
• Internal Digital Control Panel
• 8mm Safety glass door
• Relaxing Sound Therapy - MP3 compatible Pioneer FM stereo
• Power: Plugs into standard 10Amp. 240V home power point
• Lifetime heater warranty
• 5 year cabinet warranty
• 5 year electrical warranty
The Ultimate Detox

This is what all the hype is about. Turn your sauna on and set it for between 45° - 55°.

Whilst you are waiting for your sauna to heat up, have a large glass of cold brewed herbal detox tea... and drink it before entering the sauna. This will help get the detox started.

Use your sauna for 30 - 45 mins. This style of session provides the optimum environment for maximum detox, providing the greatest benefit to the body in the shortest amount of time.

Come out feeling invigorated and amazing!

If you really want to maximise your detox session, enjoy a post-sauna cold pressed coriander, celery and apple juice.
iHealth 1 Person Deluxe Far Infrared Sauna

- 5 high-performance carbon heaters with 1 solid movable ceramic heater
- Ioniser - providing invigorating oxygen therapy
- Mood Enhancing LED Colour Therapy
- Atmospheric Aromatherapy
- Dimensions: W101cm x D101cm x H195cm
- Wattage: 1350W

For restless dreamers

This sauna session is great just before bed... especially for those who sleep cold or struggle to enjoy a full night’s rest.

Brew yourself a cup of hot, caffeine-free herbal tea, and drink while you wait for your sauna to heat up.

Set the sauna 5 degrees lower than you normally would and relax for 5-10 minutes longer than normal.

Put the red colour therapy light on and let the day melt away.
iHealth 2 Person Far Infrared Sauna

- 4 high-performance carbon heaters with 2 solid movable ceramic heaters
- Ioniser - providing invigorating oxygen therapy
- Mood Enhancing LED Colour Therapy
- Atmospheric Aromatherapy
- Dimensions: W129cm x D134cm x H195cm
- Wattage: 1720W

The 15 Minute Kick-start

Preset your sauna to turn on 30 minutes before you rise using the auto function.

Hop straight out of bed and into your sauna for 10 - 15 minutes at 35° - 40° to get the lymphatic system working and improve circulation without having a full sauna session.

This is great for those people who wake up stiff or sore and wish they could kick start their day with a sauna without having a full on sweat session.

Switch the colour therapy light to yellow or orange and listen to our Heritage Isle soundtrack while positively stimulating and awakening your aching body.
I found using the sauna helped with my dry skin, back pain and allergies. My eyes stop itching and my sinuses are a lot better.

Erin Treveau – 0408359498 – erin_trevean@outlook.com

iHealth 3 Person
Far Infrared Sauna

- 5 high-performance carbon heaters with 2 solid movable ceramic heaters
- Ioniser - providing invigorating oxygen therapy
- Mood Enhancing LED Colour Therapy
- Atmospheric Aromatherapy
- Wattage: 2020W
- Dimensions: W162cm x D143cm x H195cm

Dry skin, back pain, itchy eyes... now "a lot better"...
iHealth 4 Person
Far Infrared Sauna

- 6 high-performance carbon heaters with 1 solid movable ceramic heater
- Ioniser - providing invigorating oxygen therapy
- Mood Enhancing LED Colour Therapy
- Atmospheric Aromatherapy
- Dimensions: W180cm x D139cm x H195cm
- Wattage: 2200W

Chronic fatigue!
Fibromyalgia!
Polymyalgia rheumatica!
Then this...

A long history of chronic fatigue syndrome, fibromyalgia and polymyalgia rheumatica has made me constantly stiff, sore and cold. The warmth of the sauna loosens and relaxes the tight cold muscles and warms me through to the bones. Within days I noticed the blood pumping stronger through my body, making me feel warmer and more energised. I can move better now and really notice a negative difference if I don’t use the sauna each day. I wish I could stay in it all day just to enjoy the warmth.

Kerry Salmonon, Boxwater VIC
Deluxe iHealth Far Infrared Corner Sauna

- 6 high-performance carbon heaters with 2 solid movable ceramic heaters
- Ioniser - providing invigorating oxygen therapy
- Mood Enhancing LED Colour Therapy
- Atmospheric Aromatherapy
- Dimensions: W155cm x D155cm x H199cm
- Wattage: 2020W

A place to relax... unwind... heal... detox... and feel yourself again.

Looking for a post gym relaxation and detox method and iHealth sauna has given me an edge and the results are awesome!!

Andrea Satterley - NSW

Greatly assisted my wife in recovering from a serious broken leg. It was mid-winter, and the warmth not only assisted healing, but greatly improved comfort for her. We also find it a very relaxing place to just chat, without stressing about work, house, children, etc.

Colin Lewis - NSW
If anyone tells you their sauna has Australian Certification, ask them to show you the certificate. You’ll be hard-pressed to find anyone that can ... unless it’s us.

We spent $120,000 to ensure that our saunas won’t burn your house down.

It meant changes to the original components in our ceramic heaters and the wiring of our saunas... and extensive testing. Money well spent we believe.

Our Saunas are certified to comply with Australian Electrical Safety Standard AS/NZS 60335.1:2011 Certificate No. SGS-150639-E.

And there’s a whole lot more that makes our saunas your best option.

We’ve been careful about every component that makes up an iHealth Sauna... from environmentally sustainable timber to toughened safety glass and heavy-duty hinges that will probably still be around when you’re not.

Compare the features on the following pages before you make a decision about the brand of sauna you choose.

It wasn’t one of ours!

And that’s exactly why iHealth spent a small bucket of money having ours electrically tested here in Australia. Thank goodness owner, Elina wasn’t injured ... or worse. Ask the seller for their Australian electrical approval certificate. You’ll be lucky to see one... unless you talk to us.
Questions you must ask before you buy a sauna.

Saunas all look the same in pictures, regardless of the price. If you can’t see it in person, or are totally convinced that you have a realistic chance of returning it should the quality be found wanting, be very wary.

1. Always ask to see an Australian Electrical Approval certificate. If they can’t provide one, then you are purchasing at your own risk.

2. Ask if they have a lifetime heater warranty and a 5 year cabinet and electrical warranty. If they ‘say’ they do but don’t offer it in writing, be very suspicious.

3. Ask whether the heater units are all on separate circuits. If not, one heater fault will mean you have no sauna at all, until replacement parts can be sourced.

4. Ask if they have a replacement policy and how long it might take to process. Ask them whether or not they have replacement parts in stock here in Australia and if they have service providers in every State.

5. Make sure the timber is Canadian Hemlock Spruce. That’s what we use because it’s hypo-allergenic and resin free. And it should be kiln dried for at least 40 days, to make it resistant to splitting or cracking. And take particular note of how the walls are fixed together. Give the cabinet a shake if you get the chance. If it rattles, don’t lean on it!!!

Dear Peter and team,

Just wanted to say how much you guys have helped my partner Terry. He had a bike accident in November last year and broke his back, pelvis, his legs in several places. He has been in constant pain. Now that we have the sauna, by him using it frequently his pain has reduced, the circulation has gotten better, it has also helped him with his rehabilitation. Nothing but positive!!
"My husband has three of his vertebrae bolted together. He has chronic pain 24/7. It’s a rare occasion for him to not have blinding headaches, aches and pains throughout his whole body. After about 20 minutes (in an iHealth Sauna at a Show) my husband suddenly announced he didn’t have a headache, felt really loose and relaxed and his back ached a lot less. Upon our return home my husband still had the “buzz” … and was on the phone telling everyone and anyone. The next day he had a physio appointment. He (has already) managed to increase his gym workout time and resistance considerably and when he got to his physio, he felt great … and his therapist said … that there wasn’t much to do. His physio highly recommended this product also. So then I get a phone call at work saying, can I find out how quickly we can get ours installed!”  TOM & ANA

"This is the third sauna I’ve had. The two previous were electric water steam saunas… all good, but this one is far superior. It’s even more attractive!"  ALF

"My husband and I both suffer with arthritis and notice that during the summer, our condition improved. We have noticed that the soreness has decreased dramatically and flexibility has improved"  SUE AND STEVE

"I have lost almost 5kgs, sleep better and have radiant skin :). My partner, who was in constant pain, is now getting relief. I just wish we had been able to afford the two person, so we could enjoy using it together”  JAYNE

"I suffer from lower back pain and despite living an active lifestyle and having regular chiropractic and massage therapy, was unable to get rid of daily pain. I started to notice changes immediately. I was relieved of my back pain… and I’ve saved time and money going to appointments. There’s nothing more important than a healthy mind, body and soul!!!!!!"  ADRIAN AND SUSAN

We have literally hundreds of messages and letters from happy customers. Ask us if you’d like to see more. Here are just a few.
The Steam-Free Far Infrared Sauna is perhaps the biggest breakthrough in Sauna treatments.

**How far infrared heat works for you...**
Infrared heat is simply a form of energy that is directly transmitted at a specific wavelength. It is not ultraviolet light that causes sunburn and damages your skin.

The sun is our natural supplier of infrared heat. In the shade, a thermometer shows the actual air temperature, but will show a higher temperature in direct sunlight due to infrared rays, despite the actual air temperature being the same as in the shade.

Conventional (steam) saunas need high air temperatures to extract impurities, while far infrared heated saunas penetrate up to 45 mm inside the body, so impurities can be pushed out using lower, more comfortable temperatures. Compared to conventional sauna’s this means many more health benefits.

**The iHealth frequencies:**
The 700 to 1000nm long infrared heat rays are the most beneficial to the human body. The same as those issued by an iHealth Far Infrared Sauna.

**How does it benefit us?**

**Removes Toxins**
Our body reacts to increased heat by perspiring. Through the human perspiration process, toxins like sodium, alcohol, nicotine, cholesterol and potentially carcinogenic heavy metals are removed from the cells.

We also shed old skin cells, leaving it glowing and immaculately clean, with improved tone, elasticity, texture and colour.

By taking this detoxifying load off the liver and kidneys, even people with impaired liver or kidney function enjoy significant benefits.

**Increases Circulation and Strengthens Cardiovascular System:**
As your body increases sweat production to cool itself, your heart works harder to boost circulation, supplying the conditioning benefits of continuous exercise. Heart rate, cardiac output and metabolic rate increase, while diastolic blood pressure drops, for improved overall cardiovascular fitness.

“Many of us who run do so to place a demand on our cardiovascular systems, not to build big leg muscles. Regular use of a sauna may impart similar stress on the cardiovascular system, and its regular use may be as effective as a means of cardiovascular conditioning and burning of calories as exercise.” American Medical Association Journal.

**Weight Control & Caloric Consumption:**
Our body uses energy to produce sweat - 1gm of sweat requires the burn of 0.586 kcal. A moderately conditioned person can easily sweat up to 1000gms or more in a session. While this weight loss can be regained by rehydration, the calories consumed will not. A valuable option for those who don’t exercise and those who cannot exercise.
Pain Relief:
Infrared heat is well known for pain relief. Health professionals have used infrared heat lamps for decades to treat muscle and joint problems. Deep heat helps blood vessels dilate, bringing relief and healing to soft tissue injuries.

Other helpful Facts:
In hospital baby care units, incubators are often equipped with infrared heating systems to keep new-born babies warm.

Major medical successes have been achieved with the use of infrared light to treat wounds, third degree burns and brain cancer. It is in wide hospital use in the USA to stop mouth sores caused by radiotherapy in cancer patients. You can even buy refrigerators with infrared compartments to keep food fresh.

Cellulite:
European specialists incorporate daily use in programs to reduce cellulite. Because radiant heat from an iHealth Far Infrared Sauna warms 3 times as deeply as conventional saunas, it is significantly more effective at reducing cellulite.

Beautiful, youthful skin:
Infrared heat helps develop and improve the body’s capillary network.
• Excellent for increasing blood circulation to the skin - essential for beautiful, youthful, glowing skin!
• A new “inner glow” as the skin is freed of accumulated dirt and dry skin cells due to the deep cleansing of impurities
• Relief for acne, eczema, psoriasis, burns, any skin lesions or cuts
• Open wounds heal quicker with reduced scarring
• Removes skin roughness, leaving it baby smooth and soft
• Firms and improves skin tone/elasticity

Scars on Skin:
Fully formed scars, even keloids, can be gradually softened. Burns and other wounds or incisions may heal with significantly reduced scarring.

Athletes - great for a warm-up:
The perfect warm up prior to exercise, because muscles relax more readily when tissues are warm and allow greater flexibility and range of motion. Afterwards it helps recovery and faster healing of strains and muscle pain. Infrared saunas are installed at top sporting events such as the Olympic games for this purpose.

Eases Joint Pain and Stiffness:
In Europe, radiant heat therapy is widely used to treat patients suffering from any form of arthritis. In addition, it has been proven effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other muscular-skeletal ailments. Much of the stiffness, aches and soreness that comes with aging is reduced or eliminated.

Improves the Immune System: Deep heat produced from a far infrared sauna raises your body temperature, inducing an artificial fever. As it works to combat the “fever”, your body’s immune system is strengthened. Combined with the elimination of toxins and wastes from intense sweating, overall health and resistance to disease is increased.

From, Total Wellness, by Dr S.A. Rogers, M.D.
“I used to hesitate to recommend something that seemed so expensive, but when you realise the lifelong incapacity and expense of diseases such as heart disease, chemical sensitivity, chronic fatigue, fibromyalgia, chronic pain syndromes, migraines, Alzheimer’s, and others caused by chemical and metal toxicity, a sauna is cheap.”

My sauna has given me so much energy and made me feel so relaxed and happy! I believe I’m addicted! I can’t wait to get into it each night. I sleep great, have no pain and finally losing my fatty bits haha!!!

Gina Minge, 0405 104 472, gina.minge@bigpond.com
Gina Minge Sport and Remedial Massage - S.A.
"If it isn’t steam-free and far infrared, you won’t get the same benefits!"

"Medical practitioners make use of Infrared Radiant Heat to treat sprains, strains, bursitis, peripheral vascular diseases, arthritis, and muscle pain..."

excerpt from the McGraw/Hill Encyclopaedia of Science & Technology.

Independent Studies
From the book Infrared Therapy by Dr. Yamajaki, Japanese researchers noted these results:
• Burns - relieves pain, decreases healing time with less scarring
• High Blood Pressure - safe in 40-50°C range and regular use helps to lower it
• Low Blood Pressure - sauna trains body to raise blood pressure
• Brain Damage - accelerated repair in brain contusions
• Short-Term Memory – improved
• Cancer of the tongue reversed
• Toxic Electromagnetic Fields - effects neutralised
• Cerebral Haemorrhages - recovery time reduced and significantly enhanced
• Auto Accident - Related Soft Tissue injury - daily sessions used until good healing was attained; saunas then used to deal with permanent residuals
• Arthritis, Acute and Chronic - relieved
• Gouty Arthritis – relieved
• Menopause Symptoms - relieved
• Weight Loss - through sweating, energy burned and direct excretion of fat

Blood Circulation: The following ailments respond well to the increased peripheral dilation associated with infrared application:
• Arthritis
• Sciatica
• Backaches
• Haemorrhoids
• Nervous Tension
• Diabetes
• Menstrual Cramps
• Upset Stomachs
• Decubitus Ulcers

Infrared Thermal System For Whole Body Regenerative Radiant Therapy Dr. A. M. Flickstein.

Is the Infrared sauna safe for me?
Dr. Tsu-Tsair Oliver Chi says "rays are selectively absorbed by the tissues needing a 'boost'. After boosting a tissue’s level to maximum, the remaining rays pass onward harmlessly. This phenomenon is called 'resonant absorption.'"

The zirconia ceramic emitting tube is shielded by a metallic grill, covered by a soft coating of suede-tex, and is safe to touch when operating.

These saunas have been tested and found to be free of "toxic" electromagnetic fields. The Swedish National Institute of Radiation Protection has concluded that the heaters in the sauna are not dangerous, but therapeutic.

Coronary Artery Disease, Arteriosclerosis and Hypertension: German medical researchers reported in 1989: A single whole-body session of infrared-induced hypothermia had beneficial effects on subjects with stage I-II essential hypertension.

Aging Problems reported to have been improved by Infrared Therapy in Japan:
• Menopause
• Gastritis
• Cancer Pain
• Duodenal Ulcers
• Keloids
• High Blood Pressure
• Radiation Sickness
• Asthma
• Cirrhosis of Liver
• Benign Prostatic Hypertrophy
• Compression Fracture Pain
• Post Surgical Adhesions

• Cystitis
• Hepatitis
• Haemorrhoids
• Leg Ulcers
• Cold hands and feet
• Rheumatoid Arthritis
• Sequelae of Strokes
• Bronchitis
• Crohn’s Disease
Ear, nose and throat conditions relieved with infrared treatments in Japan:
- Chronic middle-ear inflammation
- Sore throats
- Tinnitus

Skin: Conditions benefited by infrared treatments in Japan and China:
- Clogged pores are unplugged. Mikkel Asland’s book Sweat (Capra Press. 1978) quotes a Finnish doctor to the effect that: “… as a result of a sauna, the skin of a Finnish worker is supple and healthy”
- Poor skin tone is restored
- Scars and pain from burns or wounds - decreased in severity and extent
- Lacerations heal quicker
- Acne - Opens pores that have not been functioning in years
- Body odour - By improving the function of the skin, the sauna may eliminate the cause of offensive body odour
- Eczema and Psoriasis have reportedly responded extremely well
- Sunburn - According to Clayton’s Electrotherapy “infrared radiations are the only antidote to excessive ultraviolet radiations”
- Keloids form at a reduced rate in those prone to their formation

Musculoskeletal Cases Success reported with infrared treatments by Japanese researchers:
- TMJ Arthritis
- Traumatic Arthritis
- Acel-decel Injury Sequelae
- Disc-protrusion Related Neuralgia
- Brain Contusion – accelerated healing
- Tight Shoulders – relaxed
- Spinal Cord Shock
- Muscle Tension – relaxed
- Post-exercise Muscle Pain
- Arthritis: Gouty, Rheumatoid, DJD
- Shoulder Pain – Relieved or eliminated
- Bursitis – reduced
- Muscle Spasms – reduced or eliminated
- Low Back Pain – relieved
- Adhesions – lengthened and more easily broken

Generally it is accepted that infrared heat produces the following desirable therapeutic effects:
1. Increases the extensibility of collagen tissues - Especially valuable in working with ligaments, joint capsules, fasciae, and synovium that have become scarred, thickened or contracted.
2. It decreases joint stiffness directly - 20% decrease in stiffness at 45°C as compared with 33°C in rheumatoid finger joints.
3. It relieves muscle spasms - Muscle spasms reduced through the use of heat, be they secondary to underlying skeletal, joint or neuropathological conditions.
4. Pain may be relieved via the reduction of attendant or secondary muscle spasms. Pain can be reduced by breaking the feed back loop in which the ischaemia leads to further spasm and then more pain.
5. It increases blood flow - Heating of one area of the body produces reflex - modulated vasodilations in distant-body areas even in the absence of change in core body temperature.
6. It assists in resolution of inflammatory infiltrates, edema and exudates. Can help end inflammation, decrease pain and help speed healing.
7. Recently used in cancer therapy. New and experimental procedure shows great promise in some cases when used properly.

Immunity Booster and Anti-Inflammatory Cold Pressed Juice
- 2 oranges
- 2 carrots
- 1 red apple
- ½ inch stick of ginger
- ¼ inch stick of turmeric
- ½ teasp apple cider vinegar
- A touch of cracked pepper to activates the turmeric

From “Therapeutic Heat and Cold” - 4th Ed. by ED. Justus F Lehmann M.D., Williams and Wilkins.
Toxins stored in our bodies affect the way we look and feel. But it’s not simply a case of removing toxins, we need to remove them without doing more damage.

From ‘Detoxify or Die’: “Far infrared saunas pull otherwise permanent toxins out of the body, by causing a molecular dance with molecules of water and xenobiotics stored in surface fat, without dragging chemicals from safe storage into the bloodstream where they could cause exacerbation of symptoms.”

And there’s a pleasant side-effect of being inwardly healthy... outer beauty... and more specifically, beautiful healthy skin.

According to Japanese and Chinese doctors and therapists, infrared treatments have many therapeutic benefits.

- Clogged pores are unplugged.
- Poor skin tone is restored to a more youthful level.
- Scars and pain from burns or wounds - severity decreased.
- Acne - 3 or 4 infrared treatments may open pores that have not been functioning in years.
- Eczema and Psoriasis - responded extremely well.
- Keloids form at a reduced rate in sufferers.

And one more surprise... by improving the function of the skin, the sauna may eliminate or reduce offensive body odour.

“We already know that Infrared used regularly helps clear cellulite from thighs and bottoms... and Infrared saunas don’t wipe you out, the way conventional saunas can. They can be both energising and relaxing.” From Skin Revolution by Leslie Kenton

“The best dressed foreigner can come into a doctor’s office, and when his skin is examined, his skin found to be rough as bark. On the other hand, as a result of a sauna, the skin of any Finnish worker is supple and healthy.”

From Mikkel Asland’s book Sweat (Capra Press. 1978)
Burn up to 1000 calories in one session!

Yes, you can do absolutely nothing and burn the calories.

Our body uses energy to produce sweat. One gram of sweat requires the burn of 0.586 kcal.

A moderately conditioned person can easily sweat off up to 1000gms or more in a sauna session - the equivalent to running 10-15 kms.

The following chart shows the number of calories a heat conditioned person of 68 kg may burn in 30 mins.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories Burned</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rowing (peak effort)</td>
<td>600</td>
</tr>
<tr>
<td>Marathon Running</td>
<td>590</td>
</tr>
<tr>
<td>Vigorous Racquet Ball</td>
<td>510</td>
</tr>
<tr>
<td>Swimming (crawl stroke)</td>
<td>300</td>
</tr>
<tr>
<td>Jogging</td>
<td>300</td>
</tr>
<tr>
<td>Tennis (fast game)</td>
<td>265</td>
</tr>
<tr>
<td>Chopping Wood</td>
<td>265</td>
</tr>
<tr>
<td>Cycling (10 mph, 16 kph)</td>
<td>225</td>
</tr>
<tr>
<td>Golfing (without a cart)</td>
<td>150</td>
</tr>
<tr>
<td>Walking (3.5 mph, 5.6 kph)</td>
<td>150</td>
</tr>
<tr>
<td>Bowling</td>
<td>120</td>
</tr>
</tbody>
</table>

iHealth Sauna up to 1000

Say goodbye to pain!

With regular sauna use our customers have reported significant reduction in arthritis pain, rheumatism pain, as well as back and muscular pain.

The deep heat helps blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries. Increased blood circulation carries off metabolic waste products and delivers oxygen rich blood to depleted muscles, so they recover faster.

Eases Joint Pain and Stiffness: In Europe, radiant heat therapy is widely used to treat patients suffering from any form of arthritis. In addition, it has been proven effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other muscular-skeletal ailments. Much of the stiffness, aches and soreness that comes with aging is reduced or eliminated.

Reduces Stress and Fatigue: Perhaps the most immediate effect you will experience with your iHealth Far Infrared Sauna is pure relaxation, as it melts away the stress and tension of life. Just a few minutes in the gentle warmth of your iHealth Infrared Sauna gives you an overall massaging effect, soothing jangled nerves and knotted muscles. You’ll feel rejuvenated and renewed, restored in body and mind.
People talk... this is what they told us about their iHealth Sauna experience.

We have 100s of stories sent to us by our sauna users. Here are a few...

Carpal Tunnel, shoulder pain, gone!
Deb had some nasty scarring and pain which has now gone and Fred’s hand has improved out of sight. He had serious problems with carpal tunnel and shoulder pain which has disappeared. We feel we definitely look younger and better in ourselves. The pain in Debs knee was gone after the very first sauna.
DEBRA AND FRED PETERSEN

Arthritis pain gone!
I had the sauna installed by your company and was straight into it that night after work. “Just Lovely”, especially when in the real cold weather of Victorian winters and the pain sets into my arthritis – well it relieves the pain and I am able to go about my day not worrying about my arthritis in my joints. – Pain free. Love it. I wouldn’t be without it. BRENDA ROVERS

Back pain + iHealth Sauna = No more pain killers
After having a back operation a couple of years ago back pain had been a big part of my life. After a day’s work I would spend the night on the couch with a heat pack and painkillers. We have now had the i-Health Sauna for three months. I have not used my heat pack or painkillers since. I have so much more energy, have lost weight and have had lots of comments from people about how well my hair and skin now looks. We only regret that we didn’t purchase one a year earlier. ADRIAN AND MICHELE TRATANTARO

Not THAT Duane Johnson:)
When I turned sixty-two, my doctor advised me to discontinue steam sauna due to high blood pressure. The Infrared Health Sauna solved that
Neuropathic pain gone.

I was diagnosed with neuropathic pain after a lesion haemorrhaged in my spine. We tried many alternative therapies and drugs, all of which seemed to help a bit, but I was still searching for more. Then we stumbled across the iHealth saunas. Just sitting in the sauna for half an hour I felt the benefits almost instantly. Finally! Something that could help with the condition that I have felt for a while that I had lost control of, and it is natural. Thank you for giving me hope. GARY AND ESTER ROGER

110% improvement? We’re sure that’s not possible, but thanks:)

I’ve suffered from Fibromyalgia and other illnesses for many years. At this time of year I have problems standing up and can barely walk unaided. I was saying to some colleague’s that I felt I had improved about 50% and one of them commented that I had improved by 110%! The best thing I have ever purchased for my health. Anyone with illness relating to pain, you will never look back. Originally purchased for health reasons but I am very happy to say I am also noticing a weight reduction also, which is obviously fabulous. SANDRA CROW

Broken bones and decompression sickness.

I didn’t think swelling caused resulting from a broken ankle would ever reduce but 3 weeks of using the sauna and it was back to normal. My father had decompression sickness from diving. For 15 years he felt a sharp pain in his elbow joint. Within a week, the pain drastically reduced and has now disappeared. Our skin feels fresher and revitalized. We will never regret spending a little to gain so much. Thank you. GABI HUMPHRIES

We purchased a 2 person sauna mainly due to aches and pains, especially in the lower back and lower legs and to have the comfort of using something in our own home. The cost of the specialist plus other services and medications was approximately $2000.00 for no improvement. We saw the ad in the Royal Auto and decided to look into buying a sauna. We’re certainly feeling a lot better after. Our skin is clearer. Scar tissue has faded and legs feel heaps better.

LINTON & MARY LESLIE
Getting the most from your sauna, plus two of our favourite smoothies.

The most effective detox starts with something that is obvious.

**Hydrate:** Drinking is critical to a comfortable and effective sauna session. Drink 0.5L before your session, 1.5 – 2L during the session and 0.5L after. This might seem a lot, but it is crucial. 90% of Australians are critically dehydrated.

If you are chronically dehydrated, what liquid will your body have to sweat? A general rule for daily hydration is to drink 1L per 22kg of body weight per day... and those who exercise should drink even more... so drink up!

If you are taking longer than 20 minutes to sweat in your sauna, you need to drink more. Clean water in, dirty water out. Think of water in your body as a river. If there’s just a trickle, then the dirt (toxins) accumulate, leaving the river forever dirty. When you hydrate correctly, the river becomes a torrent, washing away toxins and keeping the river clean and fresh.

Coconut water is a great natural way to replenish electrolytes after your sauna session. Steer clear of sugary drinks before or after your session... or just in general! Coconut water will help rehydrate your body quickly, but make sure it’s natural and doesn’t contain any preservatives or concentrate.

If you are experiencing a headache in the sauna, drink water.

Feeling dizzy? Drink water. We can’t stress just how important hydration is. It is the key to maximising your sauna sessions. Yes you will need to pee a lot after, this is a good thing!

**Showering** before a sauna is a preference for many iHealth Sauna customers.

A hot shower can help open up the pores, aiding in a quicker sweat once in the sauna. Giving the body a good scrub prior to a sauna session also helps open the pores in areas that sometimes take a little longer to sweat. There isn’t an area on your body that shouldn’t sweat!

**Wear as Little Clothing as Possible.** Ideally, no clothing at all allows the best experience, especially in an infrared sauna. Or wear as little as possible of loose fitting clothing that is

**Anti-inflammatory Session**

Inflammation is the basis of almost all chronic ailments. We want it gone. Set your sauna up as if you were doing ‘The Ultimate Detox’ sauna session mentioned earlier on the Standard One Person Sauna page. Jump straight into a COLD shower. Feel free to scream! The sudden change from hot to cold literally pushes inflammation out of your system. If you’re really game, do this twice in one sauna session!

**The 'I want coffee... but I really don’t want coffee' Session**

Preset your sauna to be hot for you when you wake and spend 20 minutes at 55 to 60 degrees in your sauna with lots of water. Gets the entire body working after laying dormant for eight hours... maybe less... hopefully more. Hop out and enjoy the juice of 2 lemons! No coffee required.
breathable. The Infrared is hindered by clothing so if any area is injured or needs special attention, it needs to have direct contact with the infrared light waves.

**Your First Session - Length.** Start with 10-15 minute sessions. Slowly build up to 25-30 minutes, but always be aware of your body. If you feel weak, tired or too hot, open the door or simply step out of the cabin. Don’t overdo any session.

Some people who have been more sedentary may also notice they may not begin to sweat for 20 minutes or so. Your body will learn to begin sweating sooner as your progress.

**After the Sauna.** Take a warm shower to wash off the toxins that are now on the outside of your skin. Followed up with a cool rinse. This will also close up the pores.

When showering, avoid chemical laden soaps and heavy lotions. Your pores are open wide immediately after a sauna and you want to avoid clogging them.

Some find the session will relax them, before a good nights sleep. Others are invigorated and enjoy the renewed energy before bed. You will learn what time of day you enjoy the best.

**Hydrate again.** Have another glass of water to replenish what has been lost during your heat therapy.

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**The Super Green**

The celery and parsley that contribute to its bright green colour are diuretics that help rinse toxins from your system. Kale and mango are super-foods bursting with nutrition that support your cleanse.

1¼ cups chopped kale leaves (stems and tough rib removed), preferably Lacinato
1¼ cups frozen cubed mango
2 medium ribs celery, chopped
1 cup chilled fresh tangerine or orange juice
¼ cup chopped flat-leaf parsley
¼ cup chopped fresh mint

**COMBINE** all ingredients in blender until smooth.

**POUR** into 2 chilled glasses and take a friend to your iHealth sauna.

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**We can’t think of a name for it but it’s just delicious!**

**Smoothie**

- The water and flesh from one coconut
- 2 overripe bananas
- 1 cup of activated (soaked for 2 – 8 hours) cashew nuts
- 3 dates
- ½ teaspoon of organic honey
- A dash of vanilla extract
- A sprinkle of cinnamon
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Australia’s Premium Far Infrared Saunas

Always consult your Healthcare Professional for advice on specific medical conditions.