



ENHANCING THE SAUNA EXPERIENCE

SOUND THERAPY

Take your stress-relieving experience to the next level with sound therapy. The sonic technology creates calm healing effects using sound and vibration therapy.

Sound therapy combines the healing effects of sound and vibration to harmonize all systems of the body bringing you to a deeper state of relaxation. Attached at specific locations in the sauna, the sound therapy system uses an amplified audio signal to resonate sound waves to the surface of the sauna. Listening to soothing music and feeling it resonate throughout the body stimulates the body's natural relaxation response. It feels like a light touch massage during your sauna session.

COLOUR THERAPY

You can also experience the benefits of colour therapy during your sauna session. Chromotherapy is the science of using colours to adjust body vibrations to frequencies that result in health and harmony. Each colour possesses frequencies of a specific vibration, and each vibration is related to different physical symptoms. Chromotherapy works on various energy points to help the body re-establish its natural balance.

The Infrared Sauna's colour therapy technology is a lighting feature that paints the sauna with colours from the sun's visible light spectrum, creating an artful atmosphere with a balance-bringing effect. You can choose the colour that matches your wellness needs and feel even better.

CHROMOTHERAPY EXPLAINED

Our bodies need the sun's light to live. That light can be broken down into seven colours on the visible band of the electromagnetic spectrum. An imbalance of any of those colours can manifest itself in physical and mental symptoms. Alternative medicine practitioners who use chromotherapy relate the seven colours of the spectrum to seven energy centres in the body known as chakras.

Chromotherapy sauna benefits include physical, emotional, mental, and spiritual healing. Sunlighten provides combinations of the seven-colour spectrum to include 16 colours, four colour-changing modes, and four brightness/intensity settings. The lights are soft and gentle and can be controlled by a remote.

Chromotherapy is a centuries-old concept; colour has been investigated as medicine since 2000 BC. Currently, people are using chromotherapy as a complementary – as well as an alternative – treatment option worldwide.

Light is responsible for turning on the brain and the body, entering the body through the eyes and skin. When even a single photon of light enters the eye, it lights up the entire brain. This light triggers the hypothalamus, which regulates all life-sustaining bodily functions, the autonomic nervous system, endocrine system, and the pituitary (the body's master gland).

CHROMOTHERAPY COLOUR OVERVIEW



Ancient cultures developed medical systems based on energetic principles of the universe and the somatic cellular body. The Sanskrit principle of Ayurveda describes the wheels of life (or Chakras) as originating from subtle energy known as Prana. This type of subtle energy can be modulated by electromagnetic fields or visible light to stimulate the brain, nervous system, cellular tissues, and bodily organs. Visible light is emitted in the form of photons that are absorbed through the skin and the active receptors of the eyes. Once absorbed, proteins or photopigments are activated at specific wavelengths to produce chemical reactions in the body. These reactions can produce various therapeutic biochemical benefits depending on their wavelength.



VIOLET (380 – 420 NM)

CROWN CHAKRA / TOP OF HEAD

Balances 7th / crown chakra to connect mind-body with a higher power. This high energy state stimulates the pituitary gland to regulate serotonin and reduce depression and anxiety. Helps regulate sleep to improve energy and reduce effects of Seasonal Affective Disorder.



INDIGO (420 – 450 NM)

THIRD-EYE CHAKRA / FOREHEAD

Balances 6th chakra / third-eye chakra located between the eyebrows. Helps improve focus, reduce brain fog, stimulate intuition through the pineal gland, clear sinus cavities, and improve the ability to understand wisdom and truth.



BLUE (450 – 495 NM)

THROAT CHAKRA / NECK

Balances 5th/throat chakra to improve verbal communication, articulation, and understanding. Produces a cooling and calming effect in the body to counteract worry, reduce over-excitement, modulate hyperactivity, and calm various throat conditions.



GREEN (495 – 570 NM)

HEART CHAKRA / CHEST

Balances 4th / heart chakra located in the sternum. The body's healing seat to reset circadian rhythms, relax muscles, detox organs, and stimulate tissue regeneration. Love and forgiveness of self and others originate here, where the spiritual and physical body merge.



YELLOW (570 – 585 NM)

SOLAR PLEXUS CHAKRA / STOMACH

Balances the 3rd chakra / solar plexus located mid-torso and around kidneys and liver. Centre of personal power, will, and self-esteem. Produces a cleansing effect to purify the blood and skin, increases neuromuscular tone, and improves nervous system function.



ORANGE (585 – 620 NM)

SACRAL CHAKRA / BELOW BELLY BUTTON

Balances 2nd chakra / the lower abdomen. Regulates creativity via reproductive organs, creative thought, emotions, and sexuality. Balancing the 2nd chakra can reduce inflammation, menstrual cramps, edema, prostate issues, and bladder / urinary dysfunction.



RED (620 – 750 NM)

ROOT CHAKRA / END OF SPINE

Balances 1st chakra / base of spine. Regulates skeletal / circulatory systems, helps relieve tension to improve energy. Can improve cellular metabolism. Helps regulate fear regarding family and finance, decreases feelings of anger, returning the mind and body to a state of joy.