

Infrared Saunas 101: Everything You Need to Know

Many people enjoy the benefits of a sauna. These benefits can include flushing toxins from your system, better sleep, and a general improvement in your overall health and wellness.

If you have decided you want to have a sauna and are interested in an infrared sauna, you might be wondering about all of this talk about EMF.

What Is EMF?

First of all, EMF is an abbreviation that stands for electromagnetic frequency. It's a fancy way of describing the amount of energy waves that are flowing through a space. EMF is a normal part of our everyday lives.

The sun emits EMFs, and so do many of our everyday appliances, including many items that you likely use often, like your cordless phone, microwave, keyboard, and hairdryer. However, there is no scientific proof that there is any causal link between normal exposures to EMF and specific health risks.

However, some people are very sensitive to EMFs, and some fringe scientists still have concerns. Because of this, it is important to understand what EMFs are and when and how they could become dangerous. Like many things, it has to do with the level of exposure and the kind of EMF.

Just like there is a big difference between eating ice cream and getting frostbite, the difference between everyday EMFs like visible light and infrared and potentially dangerous ones, like gamma rays, is about as dramatic.

What Is The Difference Between EMF and Infrared?

EMF sometimes gets confused with infrared: an infrared sauna heats your body instead of heating the air around you like a traditional steam sauna. Infrared saunas accomplish this by using light and infrared rays to create heat. Infrared rays are the rays of light past the point at which the human eye can see them. To separate the idea of the light you see and the warmth you feel, consider sunlight. You not only see the sunlight, but you also feel its warmth.

There are three types of infrared: near, mid, and far. A full spectrum infrared sauna uses all of the three different types of infrared rays. You would want to use all three types of infrared waves because they each have their own qualities and benefits. The near-infrared wavelength is the shortest wavelength of the three types, between 700 and 1200nm³ (nanometers).

The wavelength of 880nm is particularly vital and can provide you with many benefits when supplied without extreme heat or light. Some of those benefits include cell health, tissue growth, skin renewal, and wound healing. The infrared rays can produce these benefits by penetrating just under the skin, stimulating cellular health and regeneration, alongside reducing inflammation.

The mid-infrared wavelength is slightly longer than the near-infrared wavelength and therefore penetrates deeper than skin level into the soft tissue. This means that the benefits of mid-infrared wavelengths include decreased pain and inflammation as well as a faster healing time. They also work to improve circulation and support weight loss.

The far infrared wavelength is the longest and therefore penetrates the deepest. This allows for an increased blood flow throughout your body, decreasing blood pressure, alleviating stress, and reducing pain and inflammation. Additionally, it serves to detoxify the body by releasing trapped toxins and chemicals so that they can be flushed away.

Full-spectrum infrared saunas use all three wavelengths of infrared light, which maximize positive benefits for your body.

EMF and Infrared Saunas

As mentioned above, with all things, there is a right and wrong way to do things, and there is such a thing as too much. Therefore, you will want to be educated about using an infrared sauna and do so safely—and don't forget, you must be well hydrated before you go into a sauna session.

Start slowly and begin with as little as ten minutes the first few times. Did you know that it is okay to step out and take a break during a session if you feel like you need to? And, of course, if you have a medical condition, talk to your doctor to make sure that it is safe for you to start using a sauna. If you are concerned about levels of electromagnetic fields (EMF) or are someone who is super sensitive to them, there are some things you might want to consider.

First, infrared sauna models are available with new patented technologies that allow them to maintain even lower levels of electromagnetic fields. Some models of infrared saunas encase all of their electrical wirings in a metal conduit. Furthermore, one of the most important things you can do when considering an infrared sauna is to make sure that you understand the particular

model you are purchasing, how it works, its benefits, and how to use it in the safest manner possible.

Go Infrared Today!

As long as they are used correctly, using an infrared sauna regularly can have great health benefits and be part of a healthy lifestyle. As you consider your options in infrared saunas, there are some other key factors that you may want to consider. Saunas come with different heaters and different features—they aren't all made for the same purposes.

Because one style of infrared sauna works well for you does not mean it will work well for your neighbor and vice versa. Therefore, it is of utmost importance that you consider each model for yourself and determine your specific needs. You may be more interested in relaxation, and rejuvenation or deeper healing may be more appropriate. Many people greatly prefer a full spectrum infrared sauna because of the extensive range of benefits available from using one.

Whatever style you choose for yourself, the benefits of using an infrared sauna will amaze you. You can experience less stress, speedier healing times, and better general overall health by making a full spectrum infrared sauna part of your routine and lifestyle.

Additional Reading:

<http://www.national-toxic-encephalopathy-foundation.org/wp-content/uploads/2012/01/AcceleratedHealing1.pdf>

<https://time.com/4481947/infrared-sauna-benefits-healthy/>

<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/infrared-sauna/faq-20057954>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5941775/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2718593/>