



Infrared Sauna Pain Relief

One of the most compelling reasons to use our Sunlighten sauna is the natural pain relief associated with infrared sauna therapy.

Our clients love to tell us about the pain relief results of their sauna sessions. You too can toss the pain pills and step into our healing infrared sanctuary to relieve tension and relax muscles. Our infrared heat works by penetrating joints, muscles and tissues, increasing circulation and speeding oxygen flow. By reducing soreness on nerve endings, our infrared heat reduces muscle spasms and helps the body heal itself naturally.

For years, doctors have recommended Sunlighten saunas because of proven relief from sports injury, chronic fatigue syndrome, fibromyalgia, arthritis and other chronic pain conditions.

Infrared wavelengths penetrate the body to create heat, which creates profound therapeutic benefits. They increase blood flow to the muscles, delivering more concentrated oxygen, which creates more energy to heal.

-Dr. Jeffrey Spencer - University of Southern California

A 2013 study conducted at the Auburn University at Montgomery compared stretching in a Sunlighten mPulse full spectrum sauna compared to a typical training room environment. Participants completed a series of hamstring stretches in random order with 48 hours separating the sessions. Results showed that acute flexibility increased up to 3x in the mPulse sauna than without! Benefits to the increased range of motion include joint mobility, less friction in the joints, enabling of joint function to diminish stiffness and joint relaxation.

A recent Japanese study published in the journal, Internal Medicine, showed that chronic pain patients experienced a significant reduction in pain levels (nearly 70%) after the first session of infrared sauna therapy. Pain scores also decreased significantly and remained low throughout the observation period. Researchers concluded that infrared heat therapy is effective for chronic pain treatment.¹

Additionally, in a NASA study done by Dr. Whelan with near-infrared heat, determined that LED technology allows for deep penetration of tissue and increased cell growth from the inside.² Sunlighten's mPulse series--with its proprietary Solocarbon® Custom Spectrum™ heating technology--is the only sauna on the market that offers LED-based near infrared heat at this proven level.

Finally, a 2003 study conducted by the Department of Dermatology and Institute of Medical Research showed that use of near-infrared heat therapy helped the production of white blood cells to alleviate inflammation and reduce swelling, two key factors in easing bodily pain.³ Again, only mPulse's heating technology is scientifically proven to deliver these types and levels of therapeutic near-infrared wavelengths.

¹ Internal Medicine (Tokyo) Aug 15, 2008 by Matsushita K, Masuda A, Tei C. The First Department of Internal Medicine, Kagoshima University Hospital, Kagoshima, Japan.

² Whelan et al; The NASA Light-Emitting Diode Medical Program- Progress in Space Flight and Terrestrial Applications. CP504, Space Technology and Applications International Forum-2000, edited by M. S. El-Genk. Copyright 2000 American Institute of Physics I-56396-9 19-X/00.

³ Lidija Kandolf-Sekulovic, Milena Kataranovski, Milos D. Pavlovic. Immunomodulatory Effects of Low-Intensity Near-Infrared Laser Irradiation on Contact Hypersensitivity Reaction. Photodermatol Photoimmunol Photomed 2003; 19: pp 203-212, Blackwell Munksgaard.

Sunlighten mPulse Full Spectrum Infrared Sauna Service
Is available at

The Lindsey Group Massage Therapists
8588 Cordes Circle
Germantown, TN 38139

For appointment: call 901-428-0197
Or Book Online: [MindBody](#)