



Improved Circulation and Cardio

Our Sunlighten sauna for infrared therapy is like giving yourself a passive cardio workout – whenever you need it!

As a health sauna, Sunlighten heats your muscles with infrared rays and produces an increase in blood flow similar to regular exercise. In fact, blood flow during infrared sauna use has been reported to rise from a normal rate of 5-7 quarts per minute to as much as 13 quarts per minute.¹

The elevation in body temperature from Sunlighten sauna use also produces an increase in blood flow that mirrors the benefits of a passive cardiovascular workout. Regular infrared sauna use – especially in the mid-infrared range – has been shown to significantly stimulate blood flow, even after your health sauna session is completed. A cardio workout has never been so relaxing! Another benefit of improved circulation from Sunlighten sauna use is quick muscle recovery – after your regular workouts. The increased peripheral circulation from our infrared heat reduces inflammation, decreases pain and speeds healing, all important steps in helping the body recover from strenuous activity.

“...the cardiovascular cleansing properties of Sunlighten saunas allow the circulatory system to have increased circulation and oxygenation while lowering blood pressure.”

-Dr. Rachel West

More health experts recommend Sunlighten saunas than any other because of proven effectiveness. Dr. Mark Hyman, New York Times bestselling author and editor-in-chief of the peer-reviewed medical journal *Alternative Therapies in Health & Medicine*, uses Sunlighten sauna and says, “Sunlighten saunas improve circulation, help with weight loss, balance blood sugar and improve detoxification.”

Sunlighten health sauna therapy supports a healthy, active lifestyle. For more information on how to get started with our infrared sauna therapy please contact The Lindsey Group today!

¹ Dr. Masakazu Imamura, MD, et al. *Repeated Thermal Therapy Improves Impaired Vascular Endothelial Function in Patients With Coronary Risk Factors*. Vol. 38, No. 4, 2001. *Journal of American College of Cardiology*: pp 1083-1088.

Sunlighten mPulse Full Spectrum Infrared Sauna Service
Is available ONLY at

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

For appointment: call 901-428-0107
Or Book Online: [MindBody](#)