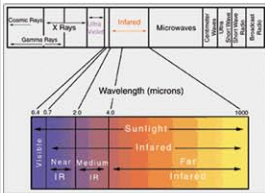


## Why F1 Far Infrared Sauna's?



Far-infrared light waves are part of the sun's natural invisible light spectrum. Infrared waves can't be seen, however, they are responsible for the feeling of warmth we experience when we are exposed to sunlight. To get an everyday example of how far infrared heating works, picture yourself outside on a sunny day - when you're standing in a shadow, you feel cooler than when you're standing in direct sunlight. The air temperature around you hasn't really changed, but when you are in the sunlight you feel the heat from the infrared waves of the sun. Infrared should NOT be confused with potentially harmful UV rays, which can cause sun burns and have been linked to skin cancer. In fact, Infrared allows you to enjoy the warmth of the sun without the harmful affects of the sun's UV light spectrum.

One of the most important characteristics of far-infrared waves is their ability to penetrate body tissue. When this happens, they create a natural resonance (vibration) that warms the tissues and will eventually cause us to sweat in the same manner as we would if we were exposed to the high heat of a traditional sauna.

An infrared sauna uses one or several infrared heaters to generate far-infrared energy that gently warms your body directly through natural resonance in the same manner and biological process that allows you to feel warmth from the sun, as opposed to heating the air around your body (like a traditional sauna). Only about 20% of the energy produced by an infrared sauna goes into heating the air.

Accordingly, less energy is wasted, and deep tissue heating and profuse sweating is accomplished at far lower temperatures, making the infrared sauna much more comfortable than a traditional sauna. As a result, people susceptible to cardiovascular / breathing problems that might be exacerbated by the high heat and humidity of a traditional sauna, can safely enjoy therapy for a greater duration of time. Furthermore, this manner of tissue warming penetrates deeper, thereby providing greater benefits than conventional saunas.

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### Characteristics of the F1 Far Infrared Sauna

**Resistant 100% Pure Ceramic Far Infrared Heaters** - Have many advantages; they are energy efficient, high strength, safe and have a long operating life. The pure ceramic tube makes the wavelength of the far infrared rays, as close to the human bodies own radial, so that they can be absorbed easily. The far infrared rays penetrate 40mm deep into the skin, so the recipient receives an infrared massage. Scientists & Engineers have tested this technique many times.



**Soft Touch Controls** - features an easy to operate digital controller with digital LED display, digital sensor, digital timer & temperature indicator. The timer can be set from 0-90 minutes with an operating temperature of between 18°C and 60°C (64f-167f). When the sauna reaches the temperature you require, the heaters will automatically maintain the desired temperature.

**CD, AM/FM Stereo System** - All Formula 1 Sauna deluxe models come with an easy to use CD, AM/FM Radio stereo system, this is hooked up to stereo speakers, which are installed into the panels of the sauna.



**Reading Light** - All Formula 1 sauna models have installed as standard a spotlight light for reading and enjoyment. This is installed into the ceiling panel.



**Convenient Buckle** - The copper buckle systems provided are one of the easiest methods of assembly. With just two people you can have your sauna up and running in less than twenty minutes.



# Formula 1

Formula 1 North East Ltd. Industry Road, Newcastle Upon Tyne, NE6 5XB  
Tel: 0191 265 0700 Email: info@f1products.co.uk Web: www.f1products.co.uk

## Check out the amazing HEALTH BENEFITS of the F1 FAR Infrared Sauna Range

### -Asthma & Bronchitis

Medical reports state that sufferers of lung and chest ailments such as Asthma and Bronchitis can benefit from using an FAR Infrared Sauna as it helps reduce inflammation, swelling and clogged mucous passages.

### -Arthritis & Joints-

Far Infrared Heat Therapy's ability to penetrate deep into soft tissue and provide heat from the inside makes it an ideal source of arthritis pain relief. Adults and the elderly will benefit from an effective means of loosening sore muscles and stiff joints without the use of ointments or creams that can burn, have an unpleasant odour and difficult to apply.

### -Speed Recovery from Injuries-

For injuries, FIR generated heat stimulates vasodilatation of peripheral blood vessels, bringing oxygen to joints and extremities, speeding the healing of sprains and strains, thus relieving pain and reducing the time it takes the human body to recover from an injury.

### -Better Circulation and Increased Energy-

The sauna emits FIR energy that is absorbed by human cells, causing a physical phenomenon called "resonance". Thus the cellular activities are instantly invigorated, resulting in a better blood circulation and an overall improved metabolism

### -Cardiovascular Health-

The FIR Sauna increases heart rate and blood circulation, crucial to maintaining one's health. The heart rate increases as more blood flow is diverted from the inner organs towards the extremities of the skin, without heightening blood pressure.

### -Improved Immune System-

By creating an "Artificial Fever", FIR heat has a positive effect on the immune system. Often misunderstood, fever is a natural healing response of the body. The function of the immune system is increased naturally during a fever, while virus and bacterial growth is slowed, weakening its hold. This helps the body ward off invading organisms. A FIR heat treatment in the early stages of a cold or flu has been known to stop the disease before the symptoms occur.

### -Detoxification & Skin Health-

The quicker metabolic rate causes extra toxic waste products to be purged from the body through the skin, during perspiration. The skin is often referred to as the 3rd kidney, because it is believed to be responsible for eliminating 30% of the body's waste. FIR Sauna heat therapy allows increased blood circulation to carry great amounts of nutrients to the skin, thus promoting healthy tone and texture

### -Stress Reduction & Relaxation-

FIR Sauna heat treatment before a massage also helps prepare a client by creating an overall relaxing effect. It loosens the muscle tissue so the therapist can do a more thorough and effective massage.

### -Weight Loss-

FIR Sauna heat therapy can aid in weight loss by speeding up the metabolic process of vital organs and endocrine glands resulting in substantial caloric loss in a sauna heat session.

