



# Infrared Sauna with Chromotherapy

## TOP 10 BENEFITS OF INFRARED SAUNAS



### DETOXIFICATION

Infrared saunas promote sweating, helping your body eliminate toxins through its biggest organ: the skin.



### EXERCISE RECOVERY

Saunas taken before exercise increase performance and quicken recovery. Just stay hydrated!



### HEART AND BLOOD PRESSURE HEALTH

Saunas can lower both systolic and diastolic blood pressure over time.



### BOOSTED IMMUNE SYSTEM

Get a jump on cold and flu season by taking a sauna, which increases white blood cells, lymphocytes, and neutrophils.



### MOOD IMPROVEMENT

According to studies, sauna users self-report less anger and depression after a sauna.



### YOUNGER SKIN

Infrared technology encourages development of more collagen and elastin, leaving skin smoother and helping wounds heal faster.



### CIRCULATORY SYSTEM OXYGENATION

In an infrared sauna, your heart rate increases and blood vessels dilate, allowing oxygen to enter the cells of your body more easily.



### PAIN RELIEF

Infrared heating pads are extremely beneficial for muscle and joint pain relief.



### RELAXATION

Help your body maintain healthy cortisol levels, relax, and de-stress by taking an infrared sauna.



### LOWERED INFLAMMATION

Keep your mind sharp and inflammation low with regular sauna use.

[www.bloomgilmer.com](http://www.bloomgilmer.com)

## Chromotherapy Guide



### RED

Increases respiration rate, enhances metabolism, raises blood pressure. Activates circulatory and nervous systems.



### ORANGE

Energizes body, reduces localized fat and eases digestive system discomforts. Used to treat asthma and bronchitis.



### YELLOW

Has a cleansing effect, purifies blood and increases neuromuscular tone. Stimulates happiness.



### GREEN

Acts as a relaxant and fights depression. Regulates pituitary gland, calms nervous systems and insomnia.



### STRONG GREEN

Regenerative stimulation, fights infections. Slows metabolism and produces calming effect.



### BLUE

Calms breathing and heart rate. Lowers blood pressure, helps insomnia and headaches. Reduces overall pain.



### STRONG BLUE

Reduces stress and nervous tension, lubricates joints, and fights infections.



### INDIGO

Helps eye inflammation, cataracts, glaucoma and ocular fatigue.



### PURPLE

Relaxes muscles, relieves headaches and arthritis pain. Purifies body and assists with detoxification.



### PINK

Eliminates impurities in the blood stream. Cleanses body, and strengthens veins and arteries.



### WHITE

Stimulates production of serotonin, regulating sleep and nervous system. Provides energy and helps reduce effects of seasonal affective disorder (SAD).