



2013 Health Sauna Program

ChromoTherapy Healing Thechnology

NEW
Chromo
Therapy



Industry Leading Infrared Technology In Your Own Home



For More Information

Call the Sauna Experts: 888-729-7727

E MAIL: homedepot@qcaspas.com





2013 Health Sauna Program Features

- **Rest Assured**

All Better Life[®] Saunas are covered by a Seven Year Manufacturer's Warranty. (See owner's manual for complete details)

- **No Custom Wiring**

Plug your Better Life[®] Sauna into any 12-Volt/15-Amp or 120-Volt/20-Amp outlet.

- **Easy To Assemble**

Prefabricated panels snap together in as little as 30 minutes.

- **Saves Energy**

A thirty-minute session costs pennies in electricity your hair dryer uses more energy!

- **Deep & Comfortable Seating**

Sit back and relax or lay down with plenty of room to spare

- **Easy to Use Controls**

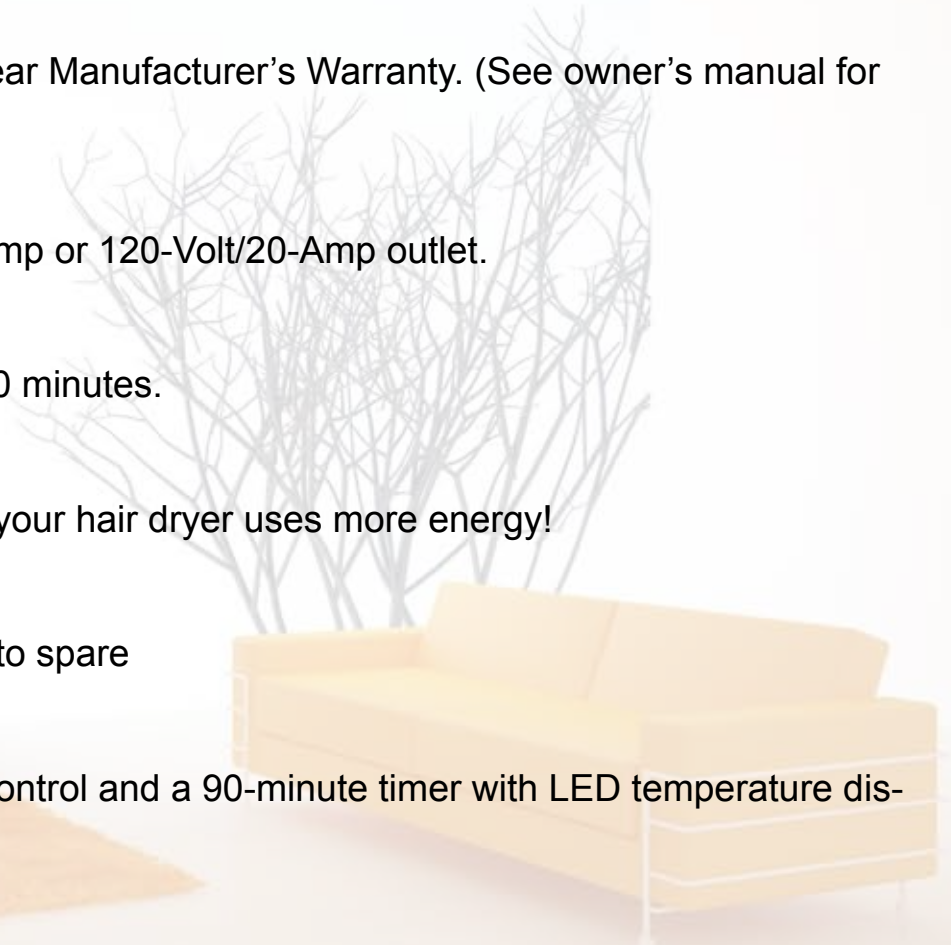
Digital LED controls provide precise temperature control and a 90-minute timer with LED temperature display.

- **Carbon Infrared Units**

Provide a constant level of infrared.

- **ChromoTherapy**

Let the color healing power alter your mind, mood, and emotions.





Benefits of Infrared Health Saunas

- **Pain Relief from Rheumatoid Arthritis/ Muscle Spasms**

Infrared from a Better Life® sauna penetrated the skin deep enough to bring relief to muscle and joints.

- **Increase Blood Circulation**

As your body cools itself, your heart works harder to pump blood to boost circulation in the same way as intense exercise.

- **Weight Loss**

As you sweat you exert energy or calories. Infrared can burn calories as you would jogging for 30 min.

- **Removes Toxins and mineral waste**

The increased heat from infrared causes the body to perspire. Your bodies process of perspiring removes toxins from the cellular level.

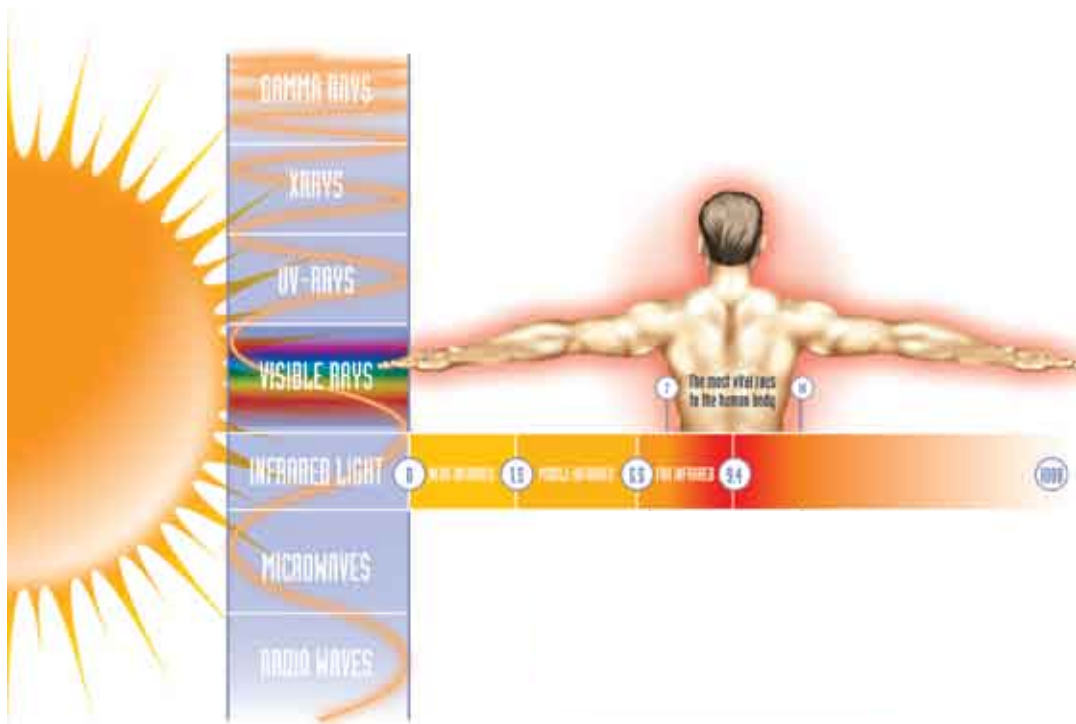
- **Enhances skin tone**

The pores of your skin open removing waste and shedding old skin cells leaving your skin glowing and clean.

WHAT ARE INFRARED RAYS?

Infrared is the band of light we perceive as heat. We cannot see this band of light with the naked eye, but we can feel this type of light in the form of heat. Our sun produces most of its energy output in the infrared segment of the spectrum. Infrared rays heat your body without having to heat the air in-between. This process is called **conversion**.

The infrared is divided into 3 segments by wavelengths measured in microns: near infrared: 0.76-1.5 microns; middle infrared: 1.5-5.6 microns; and far infrared: 5.6-1000 microns. Among these segments, only far infrared penetrates organic substances such as the human body two to three inches so that the warming effect is very uniform.



ARE INFRARED RAYS SAFE?

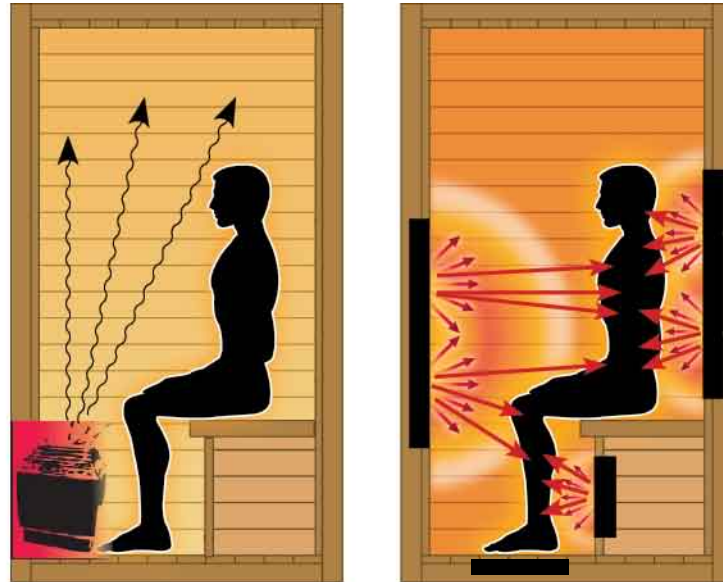
Because infrared rays are part of sunlight, they are not only safe but also highly beneficial to our bodies on a cellular level. Health professionals have used infrared heat lamps for decades to **treat muscle and joint problems**. In hospital baby care units, incubators are often equipped with infrared heating systems to **keep newborn babies warm**.

HOW IT WORKS

Infrared Saunas differ from traditional saunas in that they use infrared radiant energy to directly penetrate into the body's tissue to produce perspiration.

Traditional saunas use steam to heat the air inside the sauna, which then heats your body until you begin to perspire. In order for this to be effective, temperatures would need to reach in the upwards of 190 degrees Fahrenheit. Infrared saunas only need a temperature of up to 120 degrees Fahrenheit to obtain the same effect. This lower temperature makes the environment more tolerable and allows you to breathe easier.

Traditional sauna heat the air around you making it hard to breathe, but will not penetrate your skin.



Carbon infrared saunas penetrate your skin deep so you can detox at the cellular level, getting rid of waste and toxins in a way only infrared carbon saunas can do.

BENEFITS

Because infrared rays penetrate the body through convection, there is a deep heating effect in both the muscle tissues and internal organs without putting too much burden on the heart.

Our body reacts to the increased heating through the **natural cooling process of perspiring**. Through the perspiration process, **acid and waste residue** like toxins, sodium, alcohol, nicotine, cholesterol and the potentially carcinogenic **heavy metals are removed from the cells** (especially zinc, lead, nickel, cadmium, etc). The pores of our skin open and discharge waste products shedding any old skin cells leaving the skin glowing and clean, with improved tone, elasticity, texture, and color.

Over the last 25 years, Japanese and Chinese researchers and clinicians have completed extensive research on infrared treatments and have reported many provocative findings. In Japan, there is an "infrared society" composed of medical doctors and physical therapists dedicated to furthering infrared research. Their findings support the health benefits of infrared therapy as a method of healing.

Efficient Infrared Health Saunas



All Better Life® Saunas are manufactured with Reforested Wood.



Better Life® carbon Technology heating panels use a wider, softer heat that is evenly distributed throughout the sauna. These industry leading heating panels cover a significantly larger surface within the sauna.



Floor Heater





What is Chromo Therapy?

Chromo Therapy or color therapy is mood lighting inside the sauna. Your Better Life® Sauna comes standard with internal LED light with nine colors each having brightness adjustment on a wireless remote.

Why is Color Therapy Important in Infrared Technology?

Color is the by product of the spectrum of light. As light is reflected or absorbed, the eye can see different colors detected by the brain. Your brain controls your body and emotions which can be impacted by moods, feelings, and behavior.





- Lighting and Color Therapy dates back thousands of year to the early Egyptians which believed the sun had mood altering effect on the human brain.
- Recent research has shown that Color Therapy brings balance to our body both physically and emotionally. As the growth of natural healing grows so does the idea of color therapy to cleanse and bring balance ones own body.
- Scientist at the Massachusetts Institute of Technology have studied how color effects the brain and certain areas of the body such as blood pressure rate, respiration rates, and brain activity when exposed to color lighting to treat many diseases and balance emotions.



Chromo Therapy

Effects of Color on the Mind

- **Red:** Red is used to increase circulation. It is important for your body to increase circulation when using infrared technology because of your bodies natural ability to sweat. When you sweat your heart works faster to pump blood through out your body.
- **Yellow:** Yellow stimulates your nerves.
- **Orange:** Orange is used to increase your energy and lung capacity. As your body sweats you use energy and burn calories just as you would jogging.
- **Blue:** Blue is used to treat pain. Infrared technology penetrates your skin deep to the cellular level and brings relief to muscle and joints.
- **Indigo:** Indigo helps treat skin problems. The pores on your body open when penetrated by infrared. Waste and toxins, as well as dead skin cells get emitted through your open pores which leave your skin clean and glowing.



Carbon vs. Ceramic Steel Rod Heaters

Carbon Saunas provide an optimal infrared micron range Ceramic saunas can not reach. The optimal range is between 7 and 14 microns.

Ceramic Steel Rod Heater



Ceramic rod heaters are made of a steel rod filled with nickel-chromium wire and silica sand then coated with paint containing ceramic chips

Ceramic steel rod heaters heat from the back of the heater and reflect heat in a straight directional path to user which makes detoxing inefficient in areas outside the directional path.

Ceramic Rod heaters do not reach the optimal level of far infrared which is 7-14 microns

**Ceramic Steel Rod Heaters
Infrared Micron Range: 2.5-6.0**

Carbon Heater



All Better Life Saunas feature a floor heater unavailable to saunas with ceramic heaters



Carbon heaters use a wider softer heat. These panels spread infrared wave throughout the entire sauna. Carbon heaters penetrate muscles and joints 1-2 inches below the skin surface

Carbon heating panels can reach the optimal level of infrared beneficial to the human body.

**Carbon Heaters
Infrared Micron Range: 4.0-20.0**

Optimal Infrared Range for the Human Body 7-14 Microns



Industry Leading *ChromoTherapy*

ChromoTherapy incorporates color healing powers of:
Red, Yellow, Orange, Blue, and Indigo

Your Better Life Sauna has 9 preset colors and shades
with a wireless remote control and brightness adjustment,
making your health benefit personalized to your life.

ChromoTherapy starts with a BetterLife





Better Life 2 Person Far Infrared Health Living Carbon Saunas with ChromoTherapy and 7 Year Warranty

BL-3106-01

- 2 Person
- Natural Hemlock Wood Construction
- 6 Carbon Heaters
- ChromoTherapy Light with 7 preset colors and adjustable brightness
- Adjustable roof vent
- Bronze Tinted/ Tempered Glass Door
- 120/15 Amp
- MP3 Auxiliary connection with 2 dynamic speakers
- Assembled Dimensions: 39"W x 36"D x 77"H
- Warranty: 7 Year Limited

6 Carbon Heaters



ChromoTherapy





Better Life 2 Person Far Infrared Health Living Carbon Saunas with ChromoTherapy and 7 Year Warranty

BL-3206-01

- 2 Person
- Natural Hemlock Wood Construction
- 6 Carbon Heaters
- ChromoTherapy Light with 7 preset colors and adjustable brightness
- Adjustable roof vent
- Bronze Tinted/ Tempered Glass Door
- 120/15 Amp
- CD Radio with MP3 Auxiliary connection with 2 dynamic speakers
- Assembled Dimensions: 48"W x 42"D x 77"H
- Warranty: 7 Year Limited

6 Carbon Heaters



ChromoTherapy





Better Life 3 Person Far Infrared Health Living Carbon Saunas with ChromoTherapy and 7 Year Warranty

BL-3306-01

- 3 Person
- Natural Hemlock Wood Construction
- 7 Carbon Heaters
- ChromoTherapy Light with 7 preset colors and adjustable brightness
- Adjustable roof vent
- Bronze Tinted/ Tempered Glass Door
- 120/20 Amp
- CD Radio with MP3 Auxiliary connection with 2 dynamic speakers
- Assembled Dimensions: 64"W x 46"D x 77"H
- Warranty: 7 Year Limited

7 Carbon Heaters



ChromoTherapy





Better Life 3 Person Far Infrared Corner Health Living Carbon Saunas with ChromoTherapy and 7 Year Warranty

BL-3356

- 3 Person
- Natural Hemlock Wood Construction
- 9 Carbon Heaters
- ChromoTherapy Light with 7 preset colors and adjustable brightness
- Adjustable roof vent
- Bronze Tinted/ Tempered Glass Door
- 120/20 Amp
- MP3 Auxiliary connection with 2 dynamic speakers
- Assembled Dimensions: 54"W x 54"D x 77"H
- Warranty: 7 Year Limited



ChromoTherapy

9 Carbon Heaters

