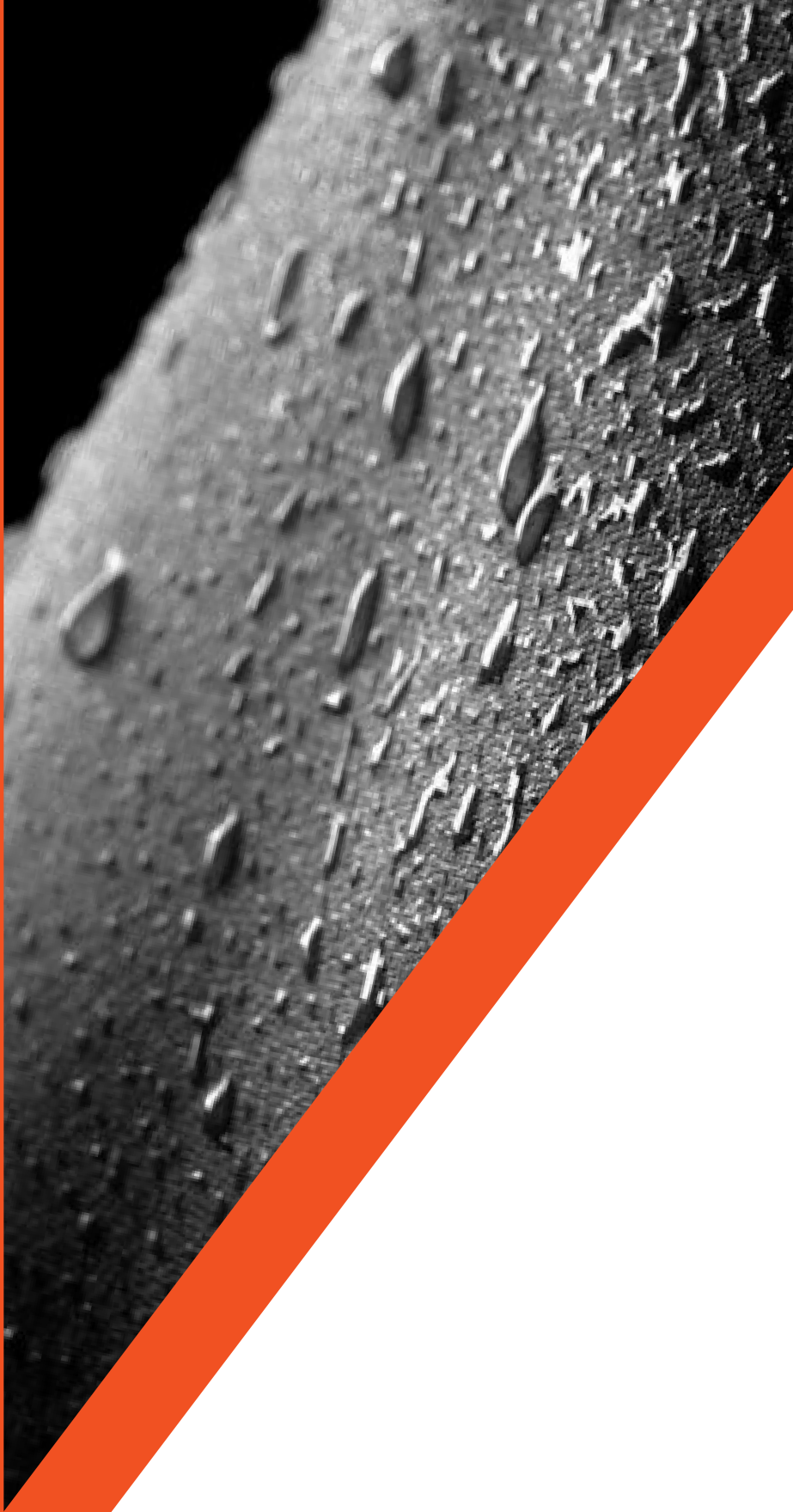


DROP

SAUNA STUDIO + ATHLETICCOUTURE



The DROP Guide to Infrared Sauna Therapy

The In's, Out's, Do's and Don'ts!

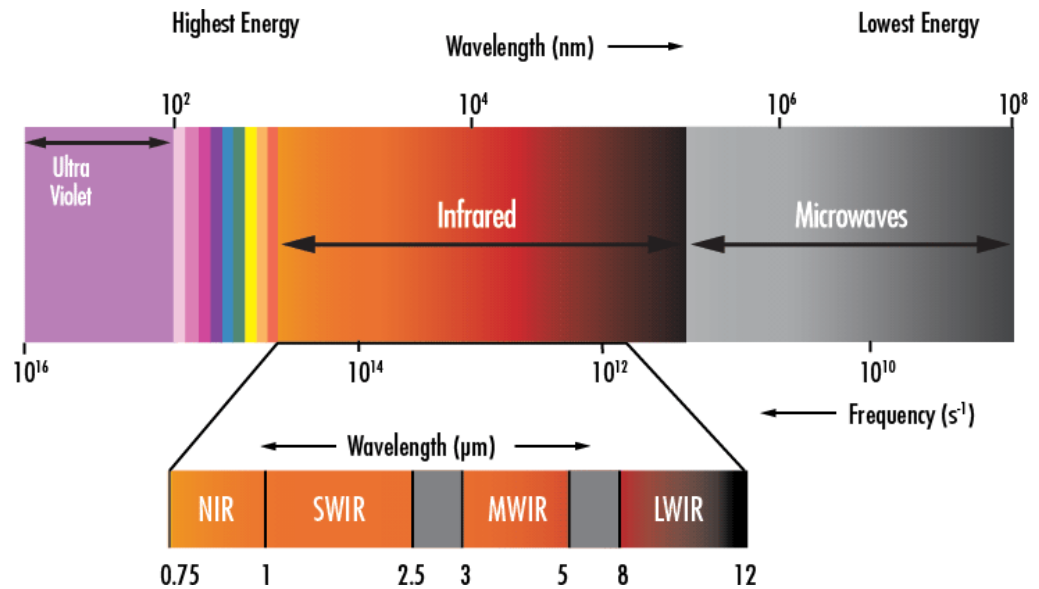
SWEAT. SHOP. REPEAT.

Q: WHAT IS INFRARED?

A: Infrared Wavelengths:

The sun produces a combination of visible and invisible light, and one of those invisible spectrums is infrared rays. Invisible infrared wavelengths are what makes the sun feel warm (and ultraviolet wavelengths are what makes it bright). Scientists have established that infrared waves are beneficial to the human body as they increase the thermal energy in the body. Infrared does this without any of the harmful rays of sunlight.

There are three main categories of the infrared spectrum: Near infrared, mid infrared, and far infrared.



NEAR INFRARED

is the shortest wavelength but penetrates the deepest. It has the distinct property that it is not captured by the water of the body allowing it to penetrate the deepest to increase your core thermal energy. Near infrared is associated with photobiomodulation which directly produces energy within the cells through ATP stimulation.

FAR INFRARED

is the closest of the wavelengths to the infrared heat given off by our own body. Far infrared is readily captured by the water molecules in the body and releases its energy. Our bodies actually give off far infrared wavelengths at about 9.4 microns. Since far infrared wavelengths feel very natural and normal to us, our energy is temporarily enhanced and strengthened.

MID INFRARED

wavelengths are also captured by water molecules while temporarily increasing circulation through vasodilation, promoting temporary increase in blood flow and temporarily elevating heart rate and overall metabolism.

SWEAT. SHOP. REPEAT.



Q: WHAT IS AN INFRARED SAUNA?

A: While we call our Clearlight Infrared models “Saunas”, they are really infrared therapy cabins. It just so happens that the sauna environment is a great environment to deliver infrared as you are not wearing any clothing and you are surrounded by the infrared heat. The black panels you see inside the sauna are far infrared heaters, additionally, the silver front heaters are full spectrum heaters offering near, mid and far infrared.

Rather than use steam or the traditional “box of hot rocks” heating elements, the infrared sauna heaters use the infrared spectrum listed above to promote relaxation and other wellness benefits. In an infrared sauna, the air temperature is less important than the quality of the infrared heat. As your body absorbs the infrared heat, this will increase thermal energy inducing a deep and relaxing sweat. Using infrared saunas at lower temperatures means you can stay in longer and get more benefit.

Q: WHAT IS THE DIFFERENCE BETWEEN INFRARED AND TRADITIONAL SAUNAS?

A: The main difference between infrared saunas and traditional saunas is how they use heat. Traditional saunas use a single heater that is heating the air and this hot air heats the user. In contrast, infrared saunas use advanced therapy to promote heat generation in the body with only a small percentage of the heat heating the air. This results in a deeper sweat and at a lower ambient air temperature. In fact, infrared saunas usually operate between 115° – 135°F, while traditional saunas can get up to 195°F.

You will get all of the relaxation benefits of a traditional infrared sauna along with the increased health benefits that infrared offers all at a much more comfortable temperature. Infrared saunas are also dry saunas and many users find this makes for a more comfortable sauna session.

Not only are infrared saunas extremely beneficial, but they are also more efficient and require less electricity (according to Livestrong.com, a traditional sauna is almost three times as expensive to run as an infrared sauna). That also means that the warm-up time of an infrared sauna is much quicker than a traditional sauna.

SWEAT. SHOP. REPEAT.

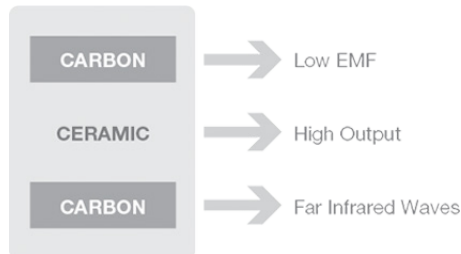


Q: WHY DID DROP CHOOSE CLEARLIGHT SAUNAS?

A: As a leader and innovator in the infrared sauna industry for over 20 years, Clearlight has been manufacturing infrared saunas that are both luxurious and effective. Every Clearlight sauna model is hand sanded and the wood panels are color matched. Every sauna meets strict ETL safety certifications to ensure it meets or exceeds all product safety standards.

Jacuzzi® saunas were designed with your health and well-being as our highest consideration. As a wellness company with over 23 years of experience in the infrared sauna industry they only use non-toxic materials in their saunas. They adhere to the highest manufacturing standards.

Over the last eight years, there has been a big debate as to whether Carbon heaters or Ceramic heaters are “better”. Carbon heaters produce high quality, long wave infrared heat, but the problem is they do not produce a lot of infrared heat – in Clearlight’s testing they seemed weak. Ceramic heaters are powerful and emit a lot of infrared heat, but the wavelength tended to be shorter, thus less therapeutic.



Clearlight R&D department has ended that debate by introducing the ONLY combination Carbon/Ceramic far infrared heater. Clearlight True Wave™ Far Infrared Heaters combine Carbon and Ceramic to produce healing infrared heat that is unmatched. Their heaters are comprised of micro-thin carbon fibers (1/1000th the thickness of a human hair) combined with patented micro fine ceramic

compound for higher infrared output (emissivity). They manufacture all their heaters in their own factory in a special process with the carbon/ceramic layers alternated with layers of a woven substrate which combine under high heat and pressure to make one heater at a time. This innovative process produces a heater with tremendous output and high thermal emissivity.

The heater is then tested under power for several hours and measured for the electrical draw, surface temperature, and emf output in twelve locations.

The carbon in their heaters allows the heater to produce long wave far infrared heat. This long wave infrared heat penetrates deeper into your body and the infrared heat is more readily absorbed. The ceramic in their heaters gives the heaters a very high infrared output when compared to traditional carbon heaters so we can concentrate the heat directly on your body. All Clearlight Sauna® models utilize our True Wave™ Far Infrared Heaters.

They have also developed the first and only virtually no-EMF combination carbon/ceramic heaters. This patent pending process allows them to cancel out virtually all of the EMF (electromagnetic fields).

Using a laboratory grade EMF meter and measuring directly on top of the True Wave heaters, the heaters have an average EMF output of about 2.5 milligauss (mg). Compare that to over 100mg for most competitors carbon based heaters. In addition, when tested where you are sitting in the sauna, there is virtually no EMF.

Q: WHAT IS EMF/ELF?

A: Electromagnetic Fields (EMF) are energy waves with frequencies below 300 hertz or cycles per second. The electromagnetic fields we encounter daily come from every day things such as power lines, radar and microwave towers, television and computer screens, motors, fluorescent lights, microwave ovens, cell phones, electric blankets, house wiring and hundreds of other common electrical devices.

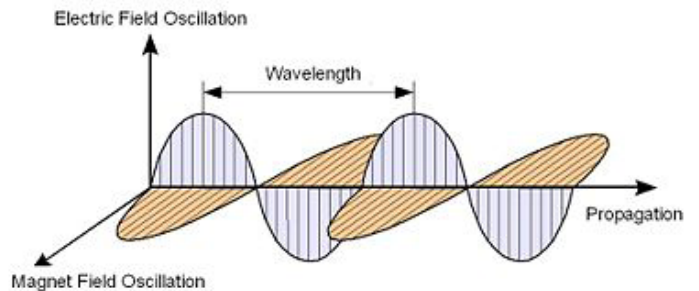
Levels of electromagnetic fields (EMF) from human-made sources have increased steadily over the past

50-100 years. Most EMF exposures come from increased use of electricity and new technologies. In the past decades, potential adverse effects from EMF exposure on human health have been an important topic of research. In fact, in California, the California Public Utilities Commission (CPUC) created the California Electric and Magnetic Fields Program to research and provide education and technical assistance on the possible health effects of exposure to EMF.

In the California EMF report published in 2002, the three scientists concluded, among other things, that “To one degree or another, all three of the DHS scientists are inclined to believe that EMFs can cause some degree of increased risk of childhood leukemia, adult brain cancer, Lou Gehrig’s Disease, and miscarriage.” and indicated that levels below 3mg are safe.

You can visit the California EMF Program website at: <http://www.ehib.org/emf/>

Electromagnetic Radiation



SWEAT. SHOP. REPEAT.

Q: HOW DO OUR, CLEARLIGHT, SAUNAS COMPARE TO OTHERS WITH REGARDS TO EMF/ELF?

A: Clearlight Infrared Sauna® models are the only ONLY infrared sauna that cancels out both EMF and ELF. Electromagnetic Fields (EMF) are energy waves with frequencies below 300 hertz or cycles per second. Extremely low frequency (ELF) are the electric fields with frequencies from 3 to 30 hertz.

All Clearlight Infrared Sauna® models offer the lowest and safest EMF and ELF levels of any infrared sauna on the market, bar-none. The EMF levels in your Clearlight Premier™ and Clearlight Sanctuary™ saunas will be mostly below 1mg when tested directly on the heater itself. Where you are sitting in the sauna, the EMF levels are virtually 0mg. The ELF levels in your Clearlight Infrared Sauna™ are 3 – 5 times below the threshold of concern. All of our competitors are over 20 times above the threshold of concern.

Jacuzzi® Infrared Saunas have Virtually No EMF/ELF

This is what we found testing many of our competitors' heaters

Other Regular Carbon Heaters
30mG–60mG

Other Ceramic Infrared Heaters
20mG–40mG

Jacuzzi® Infrared Saunas
<3mG

*acceptable levels should be below 3mG

Patented Technology Keeps Our Saunas Safe

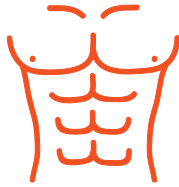
We manufacture our saunas with advanced heater systems to keep you and your family safe. We go to extra lengths such as shielding our heater wiring in metal conduit and twisting the wires inside the conduit to reduce the EMF levels even further. Lastly, we shield all electrical components to help block the EMF/ELF and ground the heater to further eliminate any stray electrical wavelengths at their source.



SWEAT. SHOP. REPEAT.

Q: WHAT ARE THE BENEFITS OF INFRARED SAUNA THERAPY?

A: While there are numerous benefits the main ones are:



Weight Loss & Increased Metabolism

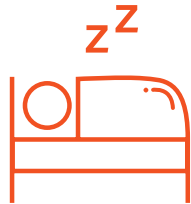
According to the Journal of the American Medical Association, regular use of a sauna imparts a similar boost on the cardiovascular system as running. As you relax in the gentle infrared heat, your body is hard at work producing sweat, pumping blood and burning calories.

As your body increases sweat production to cool itself, your heart works harder to pump blood at a greater rate to boost circulation. This increase in your metabolism may burn calories.



Temporary Muscle Pain Relief

Using infrared saunas as intended as part of a healthy lifestyle promotes the temporary increase in blood flow to muscles and may offer temporary relief of arthritic pain. Muscles relax best when tissues are warm for greater flexibility and range of motion. Far Infrared heat may help relieve muscle tension by increasing the thermal energy in your muscles.



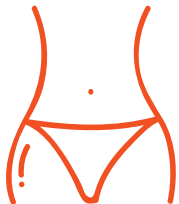
Better Sleep

Maintaining a cool body temperature is important for falling asleep. It explains why you have trouble sleeping on especially hot summer nights and why it's easier to sleep when your bedroom is cool and dark. You can hack your body's thermoregulation process by warming your body in an infrared sauna then allowing it to cool down after. This quick cool-down speeds up the process for your brain to fall asleep. The end result is a cool body that's primed for sleep. By using an infrared sauna before bed, you calm your body and mind promoting restful sleep. A calmer mind sleeps better for longer than a restless one.



Detoxification

"It has been known for decades that sweating is a wonderful way to get rid of stored chemicals, including heavy metals. In fact, sauna is one of the detoxification procedures used in the Environmental Units in Dallas (Dr. William Rea) and North Charleston (Dr. Allan Lieberman) where the sickest of folks go to heal." Dr. Sherry Rogers, Total Wellness, May 2000.



Improves Appearance Of Cellulite

Since the far infrared radiant heat of infrared increases thermal energy in tissue, it is effective at temporarily reducing cellulite. There is a direct link between the slowing of metabolic rates and the storage of toxins in fat cells. Sauna use and far infrared heat can temporarily increase heart rate and promote a temporary increase in localized blood circulation. This may reverse the above-mentioned trends towards the accumulation of liquids in the fat cells to reduce the appearance of cellulite.

SWEAT. SHOP. REPEAT.



Ease Joint Pain And Stiffness

Infrared heat may temporarily ease joint pain and stiffness. Increased thermal energy to the joints may promote a temporary increase in blood flow. Increased thermal energy may reduce stiffness and increase range of motion.



Stress And Fatigue Reduction

Just a few minutes in the gentle warmth of an infrared sauna will help you feel relaxed, rejuvenated and renewed.

Many sauna customers comment on how much they look forward to their session, as it's a great time to get away and release any built-up tension and stress.



Improves Skin

The profuse sweating achieved after just a few minutes in your Clearlight Sauna will allow impurities in the pores to come out. The temporary increase in local blood circulation may help reduce the risk of certain chronic skin conditions.

Q: HOW DOES THE TEMPERATURE WORK WITH INFRARED SAUNA THERAPY?

A: Infrared saunas, both for use within healthcare practices and at home, come fully equipped with their own thermostat so that you can set your preferred temperature. As you begin your journey through broad spectrum infrared sauna therapy it is important to begin with lower temperatures to acclimatize the body to the heat. If you have little to no experience, with any kind of heat therapy, then it is safe and advisable to begin setting your temperature lower, even around 100 degrees Fahrenheit to start.

Infrared saunas can more accurately be described as a light bath, and many of the benefits of exposure to the infrared light spectrum do not rely on high temperatures. Rest assured even if the temperature is not set too high, you are still benefiting at a cellular level from the light.

You are more than welcome to enter the sauna before the desired temperature has been reached, as the exposure to the infrared wavelengths is healthful unto itself. The temperature will increase as your body temperature increases as well.

There is no need to feel angst about increasing the temperature before you are ready as it is the light waves themselves, in communication with human physiology, that create the healthful biochemical changes.

As you make steady progress with the time you spend in the sauna you will naturally begin to find the temperature that is most comfortable for you. Remember, it is better to spend longer periods of time and more frequent sessions than it is to set a high temperature.



Q: HOW LONG SHOULD AN INFRARED SAUNA SESSION LAST?

A: It is recommended to sit inside the sauna for no more than about 20-30 minutes for the first two weeks as you acclimate. During this time period give yourself a day between each sauna session. By the third week, the body will be acclimatized to both the heat and infrared wavelengths. Rest assured that sweating occurs even at lower heat settings due to the nature of the infrared wavelengths and their depth of penetration into the soft tissues of the body.

By the third week the body will be well acclimatized to sit in the infrared sauna for more than 20 minutes. At this point you will want to begin to increase the time and temperature.

Increased exposure of up to 40 minutes per sauna session is more important than the temperature of the sauna because of the nature of the 'light bath' rather than the traditional heating up of external air temperatures. Eventually, when the body is acclimatized, and provided you are properly hydrated, the infrared sauna can be used daily for 50 minutes.

**Hydration is key to creating the desired health benefits offered by the infrared sauna, particularly as you increase time and frequency of use. The minimal amount of water you should consume is 3 quarts a day with regular sauna use.*

Q: WHAT IS 'CHROMOTHERAPY' OR 'LIGHT THERAPY'?

A: Chromotherapy is the use of the visible spectrum, or color light, to heal the physical, mental and spiritual energy imbalance that tends to lead to disease. It is one of the most holistic and simple methods to cure illness. This healing modality does not require you to consume anything, nor does it require putting anything on your body like an ointment. You simply lay or sit under the desired color.



Red

Younger Looking Skin

Decreases signs of aging, including fine lines and wrinkles, by increasing collagen production.



Green

Even Complexion

Balances out redness and blotches for naturally beautiful skin.



Violet

Cell Renewal

Increases cell regeneration, which helps to cleanse the skin and reduce inflammation.



Yellow

Reduces Redness

Alleviates inflammation, sunburn, rosacea, or other skin conditions and enjoy healthier skin.



Blue

Combats Acne & Whitens Teeth

Reduces the bacteria that causes acne and whitens teeth.



Orange

Glow From Within

Revitalizes your skin for a brighter glow. Adds radiance and vitality to dull skin.



Cyan

Smoother Skin

Smoothing, calming, healing treatment that helps irritated and inflamed skin.



Infrared

Penetrates Deeper

Penetrates deeper into the skin for added results.



Colors are all vibratory. Each of the color photons has its own wavelength and frequency. The body recognizes these waveforms and responds to them. The way we perceive color is because of the vibration it holds. Each color charges our cells a certain way as a result. I will explain more down below, but it is important to acknowledge that each color gives us a certain amount of energy manifesting as creativity, motivation, happiness, or energy that relaxes our bodies, clears the mind of anxiety and stress, and gives us a good night of rest.

The human body is composed of all colors from the visible light spectrum. Each color of the spectrum has a different effect on the mind, body, and emotions. An ancient teaching that originated in India between 1500 and 500 BC discusses the Chakra system. According to Klotsche, "the chakras are areas of highly concentrated energy that are connected to various locations mainly along the spinal cord. These energy fields are related to the major organs in the body" (1). The concept of chakras is essentially an east Indian concept, which Ghadiali presented as the source of energies."

SWEAT. SHOP. REPEAT.



The Chakra system consists of seven energy centers within the human body. Each of the seven center points contain energy that regulate the body's functions, from organs, brain, lungs, stomach and so forth, to the immune system, metabolism, and emotions. Chromotherapy and chakras go hand in hand because each chakra governs a certain color. For example, your heart chakra is governed by green. Green's vibration is proven to bring harmony and balance back to one's body while relieving muscle pain. Green is known to be universally healing, reminding us of the cosmic relationship we share with the universe.

According to a critical analysis of chromotherapy by Samina T. Yousuf Azeemi, "Light is responsible for turning on the brain and the body. Light enters the body through the eyes and skin. When even a single photon of light enters the eye, it lights up the entire brain. This light triggers the hypothalamus, which regulates all life-sustaining bodily functions, the autonomic nervous system, endocrine system, and the pituitary (the body's master gland).

The hypothalamus is also responsible for our body's biological clock. It also sends a message, by way of light, to the pineal organ, which is responsible for releasing one of our most important hormones, melatonin.

The release of melatonin is directly related to light, darkness, colors, and the Earth's electromagnetic field. This necessary hormone affects every cell in the body. It turns on each cell's internal activities, allowing them to harmonize with each other and nature. The pineal gland is believed to be responsible for our feeling of oneness with the universe and sets the stage for the relationship between our inner being and the environment. If that relationship is harmonious, we are healthy, happy, and feel a sense of well-being. An imbalance in this relationship makes itself known in the form of disorders or disease in our physical, mental or emotional states. The pineal is our "light meter", and receives information from the heavens above, to give us that sense of oneness with the universe, and from the Earth's electromagnetic field below to keep us grounded. A perfect balance is necessary to maintain our health and to keep us in harmony with the environment."

Let us see a few examples of chromotherapy for healing the body:

Red, in color therapy, is used to stimulate and increase the action of arterial blood. Hence, drugs which are red, such as Capsicum, cloves, balsam of Peru, red cedar and musk etc are used for stimulating oxygen in the blood. Likewise, red glass or red paint used in rooms can be used for exciting and cheering patients. Red colored baths and red light therapy have actually helped patients recover from complete paralytic state.

Yellow drugs are mainly emetics. Indian hemp, Blood root, May apple and Senna etc are a few laxatives and purgatives that are yellow or yellow-red in color. Yellow sunlight can be enhanced through yellow glass to help treat patients suffering from chronic bronchial irritation and colds etc. Drinking water stored in yellow wine bottles is known to help treat severe constipation.

Blue and violet colors have cooling and electrical properties. Drugs like belladonna, aconite, foxglove, ergot etc are used to treat diarrhea, delirium and diuresis that are a result of overheating of the body. Green tea is actually a mix of blue and yellow and is known for its antioxidant and astringent properties that help boost immunity. Blue light color therapy has helped heal sciatica, and even complex case of lung hemorrhage. Blue and white used together in chromotherapy has helped heal rheumatism, nervousness and invalidism where conventional medical treatments have failed.

Q: WHAT SHOULD YOU DO TO PREPARE FOR YOUR INFRARED SAUNA SESSION?

A: **Drink plenty of water!!** Always hydrate before your session as well as bring water for during the session. In addition, come with clean skin. Remove makeup and oils on skin prior to entering the sauna.

Q: WHO SHOULD USE INFRARED SAUNA THERAPY?

A: **Everyone!** Yes, everyone... Let's explain and use some examples provided by www.alexfergus.com/blog/infrared-saunas:

- **If you're a gulf war veteran**, there's about a 25% chance that you're experience "Gulf War Illness Syndrome," in part due to multiple chemical exposures. Symptoms of that disease include low energy levels, fatigue, depression, cognitive dysfunction, problems with the nervous system, and more. Several such toxins can fortunately be removed from your body through regular sauna use.
- **As a mom who uses lots of cosmetics**, your toxic burden is going to be higher. Infrared saunas are a perfect way to help detox these chemicals. Cosmetics might not be your only source of exposure as a mom though – cleaning products and living indoors most of the time also contribute. Believe it or not: indoor pollutant levels are actually higher in most cases than outdoors – that's true even if your living in a big city. In modern society it has become almost necessary to detox.
- **Let's now consider the teenager**; in general, young people have much fewer toxins in their body, and are better able to remove them. With aging, organ function declines, making it harder to eliminate toxins. So teenagers never ever need an infrared sauna, right? Think again... If you're young, getting in an infrared sauna is a great way to expose your body to tons of heat. That heat will improve your endurance, workout recovery, well-being, and skin quality. What teenager won't like these benefits?! As a teenager, you can even do a workout in your infrared sauna to increase the intensity of the session.
- **Lastly, there the 80-year-old grandfather.** If you've got trouble walking, and in lots of pain preventing moving, an infrared sauna will give you a great workout without having to be mobile. As an elderly person, your heard has to work hard in a sauna, and pain actually decreases with repeated use. In that case, you can alternate between a long sauna session day (with a shorter walk), and a 2-mile hike the next day. That's a win-win.