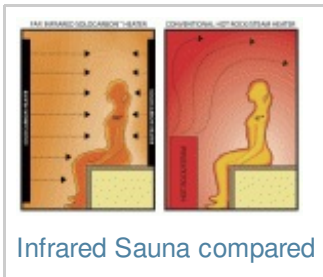


New Infrared Sauna in Wollongong

Zachary Jacobs June 20, 2014



What is hot? Full of benefits to improve your health? Can help you lose weight by sitting down? And is located at Vision Personal Training Wollongong? A Infrared Sauna.

(Newswire.net -- June 20, 2014) Wollongong , NSW -- If you have not tried a Infrared Sauna, you are simply missing out. Unlike your traditional stone sauna, a Infrared sauna assists with skin purification, stress management, lowering blood pressure and weight loss. Local [Wollongong personal training](#) studio, Vision Personal Training has jumped on

to the infrared sauna bandwagon. We explain why.

Infrared vs. Traditional Saunas

[Infrared Saunas](#) are able to target the entire body evenly unlike traditional stone sauna which emit the heat from one area. Infrared saunas also have ventilation which means bad toxins will not be circulating in the air during your session. The Infrared rays are also far more effective at penetrating the skin creating a much deeper cleanse than you would achieve in a stone sauna. "We highly recommend a infrared sauna over your traditional sauna" advises [Vision](#) studio manager Rachel O'Neill.

Benefits of an Infrared Sauna

A Infrared sauna can work wonders for your health, some of the benefits of using a Infrared Sauna include:

1. Detoxification. Infrared saunas heat the body directly causing a rise in temperature resulting in a deep detoxifying sweat at the cellular level where toxins reside.
2. Relaxation. Enjoy gently soothing and therapeutic heat helping you to relax while receiving an invigorating deep tissue sweat.
3. Skin Purification. Infrared treatments stimulate collagen production to reduce wrinkles and improve overall skin tone, thanks to the wavelength.
4. Lower blood pressure. By Inducing a deep sweat infrared improves vasodilation which in turn, increases blood flow, lowers blood pressure and helps circulation
5. Improved cell health. Infrared technology stimulates the circulatory system and helps to oxygenate the body's cells. Better circulation means better cell health.
6. Weight loss. Studies have shown that an infrared sauna can burn upwards of 600 calories, all while you relax.
7. Pain relief. Infrared red penetrates tissues, joints and muscles to relieve anything from minor aches and pains to chronic pain conditions.
8. Wound healing. Scientific research has concluded that infrared therapy greatly enhances the skins healing process by promoting cell regeneration.

Wollongong's Infrared Sauna

Wollongong's leading Personal Training studio; [Vision Personal Training](#), has the only Infrared Sauna in town. To book an Infrared sauna session call Rachel on (02) 4225 1200, and you can begin to reap the benefits of an infrared sauna.

About Vision Personal Training Wollongong

The friendly experts at Vision Personal Training Wollongong will help you reach your individual fitness or weight-loss goals – This is the fastest, most enjoyable and fun way! Vision Personal Training is unlike any other fitness studio – so come and experience the Vision Personal Training difference today!

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Source: <http://www.newswire.net/newsroom/pr/00083453-infraredsaunawollongong.html>