

Published based on [Acne|Can Benefit From Lux Sauna Far Infrared Home Sauna Treatment](#)

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* Clogged Pores- Pores are unplugged of cosmetics creating a skin texture and tone of unexcelled quality. Michael Aaland's book *Sweat* (Capra Press, 1978) quotes a Finnish doctor to the effect that: The best dressed foreigner can come into a doctor's office, and when his skin is examined, it is found to be rough as bark. On the other hand, as a result of the [LuxSauna Infrared Sauna](#), the skin of any Finnish workers is supple and healthy.

* Skin Tone- Poor skin tone is restored to a more youthful level.

Scars- Scars and pain from burns or wounds are decreased in severity and extent. Infrared therapy is used routinely in burn units throughout Asia.

*Cuts- Lacerations heal quicker and with less pain and scarring.

* Acne- Three or four infrared treatments from a infrared home sauna may open pores that have not been functioning in years, forcing out clogging cosmetics and loosening dead outer skin. The sauna is thus a boon to teenage skin, clearing acne and blackheads.

* Body Odor- By improving the function of the skin, the infrared treatments may eliminate the cause of offensive body odor. It definitely reduces body odor induced by occupational exposure to odorous chemicals

*Eczema and Psoriasis- Eczema and Psoriasis are reported to have responded extremely well to infrared treatments.

* Sunburn- According to the 9th edition of Clayton's *Electro therapy*, infrared is the only antidote to excessive ultraviolet radiation.

* Keloids - Keloids form at a reduced rate in those prone to their formation with infrared treatments and may be softened by use of infrared systems if they have formed.

Far Infrared Saunas has been shown to promote:

- # A new "inner glow" as the skin is free of accumulated dirt and dry skin cells, due to deep cleansing of impurities.
- # Improvement in the conditions of acne, eczema, psoriasis, burns and any skin lesions and cuts.
- # Quicker healing of open wounds and reduced scarring.
- # Exfoliation of rough dry skin leaving skin baby smooth and soft again.
- # Youthful skin tone and skin elasticity.

What is Cellulite?

Cellulite is a gel-like substance made up of fat, water and wastes, which are trapped in pockets below the skin. The upper most layer of fat, the subcutaneous layer, contains fibers known as septa that compartmentalize the fat cells. As these compartments fill with fat, water and lymphatic wastes they begin to push toward the skin surface and produce the dreaded lumpiness or orange peel look.

How can Cellulite be treated?

There are many products that claim to reduce cellulite. These can vary from creams that are topically applied to painful trans dermal injections applied repeatedly over time. As yet, no scientific studies have show any of these methods to be effective. A Far Infrared Sauna can, however, assist in relieving this condition. The far infrared rays penetrate deep below the skin into the subcutaneous fat layer melting the fat. In this liquid state the the fat, and the toxins stored in the fat, can now be eliminated through the kidneys and liver. Profuse sweating helps the internal organs clear the body of this unwanted debris much more efficiently.

European beauty specialists confirm that a sauna will greatly speed any anti-cellulite program. Due to at least twice the depth of heat penetration into cellulite combined with up to 10 times the level of heating

in these tissues, an [LuxSauna Infrared Sauna](#) is more effective than any conventional sauna.

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