

What is Far Infrared Ray Therapy

Far-infrared light waves are part of the sun's natural invisible light spectrum. Infrared waves can't be seen, however, they are responsible for the feeling of warmth we experience when we are exposed to sunlight. To get an everyday example of how far infrared heating works, picture yourself outside on a sunny day - when you're standing in a shadow, you feel cooler than when you're standing in direct sunlight. The air temperature around you hasn't really changed, but when you are in the sunlight you feel the heat from the infrared waves of the sun. Infrared should NOT be confused with potentially harmful UV rays, which can cause sun burns and have been linked to skin cancer. In fact, Infrared allows you to enjoy the warmth of the sun without the harmful affects of the sun's UV light spectrum. Infra-red energy from the sun is different from the harsh ultra-violet rays and solar radiation that burns and prematurely ages skin. In fact, infrared is so gentle, hospitals use it to keep newborn babies warm.

One of the most important characteristics of far-infrared waves is their ability to penetrate body tissue. When this happens, they create a natural resonance (vibration) that warms the tissues and will eventually cause us to sweat in the same manner as we would if we were exposed to the high heat of a traditional sauna.

