

THE HELSINKI



MULTI COLOURED LIGHT THERAPY

Hemlock Wood

Our infrared saunas are crafted out of Hemlock wood. It is known for its sturdy nature and beauty – with a light colour and smooth, even grain.



Intelligent Settings

Our Helsinki features our intelligent new K9 control system, equipped with three pre-set modes to optimise your sauna session based on your intended benefits. You have the option of health mode, detoxification, or sports mode, with all three carrying out a specialised heating program to maximise your results.



Tempered Glass Door

With tempered glass, you can be sure that your door won't shatter or break in high temperatures, or when you're opening and closing it.

T H E H E L S I N K I



Lighting

To add another layer of personalised luxury, you can set the mood for your sweat session with a list of options from your multicolor floodlight.



Nano Carbon Heater

Our efficient carbon heaters have been carefully engineered to provide a constant high heat with even distribution – making sure there's no hot spots.

With these heaters on the back, sides and under the legs, you can be sure that your whole body will be heated to make sure you get the most out of your sauna.



THREE SEATER SAUNA

THE HISTORY OF COLOUR LIGHT THERAPY

Colour Light therapy, also known as Chromotherapy, is a technique of restoring balance by means of applying colour to the body. Its history is rooted as far back as the Mayan culture.

In India, Ayurveda, an ancient form of medicine practiced for thousands of years, is based on the idea that every individual contains five elements of the universe which are present in specific proportions unique to each individual, including their personality type and constitution. When these elements are out of balance, Ayurveda works with the energies inherent in the colours of the spectrum to restore this balance.

In ancient Egypt the art of healing with colour was founded in the Hermetic tradition. The Ancient Egyptians and Greeks used coloured minerals; stones; crystals; salves; dyes as remedies and - painted treatment sanctuaries in various shades of colour.

In China, traditional Chinese medicine incorporates colour to be associated with each organ and elemental system. This healing method looks at the idea that every individual is a balance.

The first colour wheel was invented by Sir Isaac Newton. He split white sunlight into red; orange; yellow; green; cyan and blue. He then joined the two ends of the colour spectrum together to show the natural progression of colours.

Light Therapy has been valued throughout history as a remarkable source of healing. Today, the therapeutic applications of light and colour are being investigated in major hospitals and research centres worldwide. Results indicate that full-spectrum, ultraviolet, coloured, and laser light can have therapeutic value for a range of conditions from chronic pain and depression to immune disorders.

Read on and learn how the Helsinki Sauna will work its magic for you!

Whether it's been a long day at work - or you're fresh off a challenging workout, the Helsinki sauna will provide an abundance of healing qualities.

- *Relaxing in the sauna will cause your body's core temperature to rise which in turn dilates your blood vessels to allow for increased circulation of nutrient-rich blood. This effectively expedites the healing process for sore muscles while simultaneously soothing aches and pains.*
- *Sitting in the sauna will elevate your heart rate - offering you a moderate cardiovascular workout as you relax!*
- *Due to your body's core temperature beginning to cool - a process that naturally occurs while we sleep, the Helsinki eases and maintains a smooth flow into sleep mode.*

Deep Soul's alluring Helsinki sauna offers three comfortable seats to provide a more social infrared sauna setting. It's beauty is afforded by our Hemlock wood - which is rich in colour and durable in nature.



Near infrared (NIR) is the shortest infrared wavelength. NIR promotes:

- skin renewal
- cell health
- wound healing
- tissue growth



Mid infrared (MIR) is a longer wavelength that can penetrate deeper into the body's soft tissue to aid inflammation



Far Infrared is the longest wavelength (FIR) which reaches the deepest into the body where toxins are stored

FULL SPECTRUM HEATER

These heaters are unique by offering near, mid and far infrared technology from one source, allowing the heat to really penetrate deep into your body.

WELLNESS BENEFITS

Light Therapy has been reported as part of a healthy lifestyle - to temporarily reduce swelling; relieve pain; decrease inflammation; accelerate open wound healing and - greatly reduce overall recovery after medical and surgical procedures. Patients have demonstrated increased range of motion; decreased muscle tension; spasm and - improved circulation.

Rejuvenating LED light therapy can be used for temporary pain management such as joint and back pain; sore or torn muscles; sprains; arthritis; post-surgical scars; burns; wounds and more. When used with infrared technology, light therapy (phototherapy) is one of the most effective and noninvasive ways to improve overall wellness.

Light therapy is also used to temporarily relieve Seasonal Affective Disorder (SAD). SAD affects individuals when the lack of sunlight results in seasonal depression. Phototherapy helps with SAD by resetting the internal biological clock (Circadian rhythms), helping individuals sleep better and regulate their mood. Even companies, such as GE and Philips, have created phototherapeutic products to improve and regulate mood.

COSMETIC BENEFITS

Light therapy is also a growing treatment for anti-aging. Many individuals have seen a temporary reduction in the appearance of fine lines, wrinkles, crow's feet, and age spots.

Light therapy is "effective at improving the appearance of the face, neck and chest by reducing the signs of aging, wrinkles and age spots", says Web M.D. Combined with infrared therapy, LED phototherapy can be a great way to revitalize skin.

HEALING WITH COLOUR

Colour is light split into different wavelengths vibrating at different speeds and at different frequencies. Objects that ABSORB all wavelengths and DO NOT reflect are black in nature. Objects that REFLECT all wavelengths and DO reflect are white in nature. Between black and white lies COLOR. Colours are wavelengths of energy that, to us, appear as colour because of the potential and capabilities of the object to either absorb or reflect the energy.

THE SWEATY SESSIONS FOR SPORT - DETOX & WELL-BEING!

Your skin is the largest organ of the body so by getting your sweat on in a sauna, your pores are opening up and releasing the unwanted toxins and flushing out the bad. A sweaty sauna session can cleanse your body from top to toe and will kick your immune system into defence mode. Get the blood flowing through your body as efficiently as you can and light up every cell with oxygen and nutrients. A sauna session is a sure way to beat fatigue and aid a better night's sleep.

In our busy worlds of the daily grind and hectic sports agendas, a sauna is a welcomed environment to soothe muscle tension and aching limbs with the aid of high temps of steam and therefore humidity. As your muscles relax, so does your mind. Unwind and ease tension to set your clear goals and feel on top of your game! With regular sauna sessions you'll feel mentally ready to take anything on. Goodbye foggy mind and hello world.

MUSCLE RECOVERY - AREA - SPORT & WELL-BEING

Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen-depleted muscles so they recover faster. Not only for athletes - this also helps with the body healing process after an operation.

EASES JOINT PAIN AND STIFFNESS - AREA - SPORT & AGING

Radiant heat therapy is used to treat patients suffering from many forms of arthritis. It has been proven to help with the treatments of sprains, joint stiffness, muscle spasms and many other muscular-skeletal ailments.

GLOWING COMPLEXION - AREA - WELL-BEING & DETOX

The sweating achieved after a few minutes in a sauna carries off deeply imbedded impurities and dead skin cells, leaving the skin glowing and immaculately clean. It stimulates the sweat glands, releasing built-up toxins and waste.

RELAXATION & SLEEP - AREA - OVERALL WELL-BEING

The most immediate relief that a sauna provides is simple relaxation. See it melt away the stress and tensions of everyday life. You'll feel rejuvenated, rested and restored. Perfect to help with sleep.

THE SAUNA SESSIONS!

This information was created to bring awareness on your wellness and how it is suited to the infrared sauna.

REFERENCE:

ALPINE SPAS AUSTRALIA & NEW ZEALAND

CLEAR LIGHT USA

SAUNA WORLD

<https://mysaunaworld.com/blogs/my-sauna-world-blog/how-to-sauna-like-a-pro>