WHAT ARE THE DIFFERENCES BETWEEN NEAR, MID AND FAR INFRARED?

What is Near Infrared and How is it Beneficial for the Body?

Near Infrared has the shortest wavelengths and is barely visible to the naked eye. NIR is able to penetrate through the top layers of the skin (epidermis layer) which helps increase skin rejuvenation by activating the fibroblast cells that create collagen. By increasing the collagen levels in the cells, any topical issues such as scarring, wrinkles or wound healing occurs at an increased rate.
Near Infrared and Wound Healing

Near Infrared (NIR) LED light significantly promotes faster cell regeneration, wound healing, and human tissue growth. Human cell growth increased by 155%-171% in some cases and wound size decreased by 36%.¹

One of our Sunlighten associates had her gallbladder removed. She did an experiment of her own using Near Infrared (NIR) in the mPulse. She used a controlled incision and the results for this non-scientific experiment are in, there was increased healing at the surgical site. To view her story, please click the link below:

https://www.sunlighten.com/blog/near-infrared-therapy-wound-healing/

Near Infrared and Fighting the Battle of Aging

Near-infrared therapy helps fight the battle of aging with its ability to stimulate the body’s own cells to aid in turning back the clock. Women and men alike, want to look and feel youthful. Dr. Amy Myers, MD, a pioneer in functional medicine and New York Times best-selling author states, “Infrared sauna technology can help purify your skin by eliminating toxins from your pores and increasing circulation, resulting in clearer, softer, and healthier-looking skin.”

Dr. Nicholas Perricone, a board-certified dermatologist, nutritionist and world-renowned healthy aging expert conducted a case study involving the benefits of Near-Infrared Light Therapy and “…over a period of 2 months, Dr. Perricone observed …visible changes in the skin. The skin was healthier, firmer and there was a visible diminished appearance in wrinkles. Near Infrared Light can increase the production of collagen in the skin. The fibroblast cells; the cells that make collagen and elastin, absorb the Near Infrared (NIR) light after just minutes of exposure.”

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What is Mid Infrared and How is it Beneficial for the Body?

Mid Infrared (MIR) heaters need to maintain a surface temperature of 250 celsius or 482 fahrenheit. At this temperature, mid infrared wavelengths are able to penetrate deeper into the body’s tissue and decrease inflammation, increase blood and oxygen circulation and increase the body’s temperature.

**MIR Increases the Healing Process and Assists with Pain Relief**

Mid infrared increases circulation and helps reduce inflammation that has accumulated within the joints and helps reduce pain caused by inflammation. Increased circulation also helps with healing by assisting with delivery of blood, oxygen and nutrients to the injured area.

**Mid Infrared and Assisting with Weight Loss**

Mid infrared penetrates deeper than near infrared and starts to agitate the cells. This agitation causes an increase in the body’s core temperature. The body kicks in by cooling itself and by slowly increasing sauna sessions, the body will work harder to cool itself down. While the body is cooling itself, heart rate and metabolic burn increase, which burns calories.
What is Far Infrared and how is it Beneficial for the Body?

Far infrared is reached deepest into the body where toxins and heavy metals are stored. Like mid infrared, far infrared agitates the cells, which causes the heavy metals and toxins to be released and purged from the body via sweat or through natural elimination.

Far Infrared and Heavy Metal Detoxification

Detoxification through far infrared provides a deeper detoxification of heavy metals and toxins than with traditional steam saunas. Unlike traditional saunas, where the air around is heated, far infrared heats the body from the inside out creating a detoxifying sweat.

Dr. Rachel West stated, “Detoxification is important because it strengthens the body's immune system and helps the body's biochemical processes function efficiently so that we are better able to digest the nutrients in our foods. Detoxification has also been shown to be helpful with colitis, chronic fatigue, fibromyalgia, autoimmune disease, immune deficiency states, autism, ADD and ADHD.”
 WHICH SUNLIGHTEN SAUNA IS BEST FOR YOUR SPECIFIC NEEDS?

Sunlighten has 3 different model types to fit each person’s individual needs. All saunas provide far infrared therapy which aids in detoxification of heavy metals, lowering blood pressure and aiding in weight loss.

THE SOLO SYSTEM PAD AND DOME

The solo system provides far infrared from 9 individual solocarbon heaters. The system is small and portable and can be easily stored in a closet or corner of the room when not in use. The pad can be used in a favorite chair, bed or on the floor. The dome creates a more intense sauna session for all over far infrared therapy. [Click here to learn more about our Solo System.](www.sunlighten.com)
Sunlighten’s Signature Series offer complete far infrared therapy with optional chromotherapy, Acoustic Resonance Therapy (A.R.T) and Blaupunkt Sound Systems.

The Signature Series is available in 5 different models, depending on specific needs.

Please click here to learn more about our Signature Saunas or select a model below.
The mPulse 3-in-1® Collection offers near, mid and far infrared simultaneously. All mPulse models come with 7 wellness programs with the ability to create custom programs for a pure custom sauna session. The mPulse utilizes an Android application with built in media apps such as Netflix, Pandora or Facebook.

The mPulse comes with optional chromotherapy, Acoustic Resonance Therapy (A.R.T) and Blaupunkt Sound Systems.

**Please click here to learn more about our mPulse models or select a model below.**

mPulse Aspire  
mPulse Believe  
mPulse Conquer  
mPulse Discover  
mPulse Empower