Use the Perfect Forms Sun 400 XL to look after what is most valuable to you

In addition to the benefit of doing sports, shaping the figure and losing weight, let’s not forget about the positive effect of infrared radiation.

Infrared radiation

Infrared treatment is the external application of heating infrared radiation for therapeutic reasons by using infrared lamps. The skin tissue’s temperature is raised which leads to amplified blood vessels. The therapeutic effect is based on an improved local blood circulation. Blood circulation = supplying the organs with blood; so tissues get supplied with oxygen, nutrients and other vital blood components, and metabolites and carbon dioxide get removed.

Improved blood circulation favours removing metabolites and acids and helps bringing oxygen to the cells. Therefore, the muscles get soft and relaxed after the training, so you will not get aching muscles.

Due to the heat, the hypodermic fat tissue, the connective tissue and the joints can be reached, too. Infrared radiation stimulates the blood circulation and amplifies the blood vessels not only in the parts exposed to the radiation but in the whole body.

The radiation energy of the infrared heat radiation type A is able to reach the hypodermic fat tissue creating a type of heat that does not lead to dizziness due to its deep effect. In the process the fat dissolves and a much higher concentration of toxic substances is excreted.

Regularly using the Perfect Forms Sun 400 XL and, thus, the infrared heat radiation type A is an optimal possibility to detoxicate, purify and to excrete waste acids, environmental toxins and heavy metals through the skin.

Sweat at infrared treatments not only consists of water but also of fat and cholesterol with a considerable portion of heavy metals.

Over-heating the body stimulates the body’s immune reactions and favours natural healing processes. Blood vessels get amplified; therefore, organs and muscles are better supplied. Semiochemicals causing pain, like histamine and serotonin, are excreted from the musculature, so the body can recover faster.

Infrared and our skin

Infrared heat nourishes our skin and produces a beautiful, smooth and firm complexion. Additionally, it alleviates skin diseases, like allergies, psoriasis, neurodermatitis, acne, defective wound healing and cellulite.

Infrared light is especially advisable when suffering from chronic muscular tensions of the musculoskeletal system.

It also has a pleasant, pain-alleviating effect when suffering from arthritis of the hand, finger joints, knees and hip.

When suffering from psychosomatic illnesses, a heat therapy can be very relaxing and soothing.

Cancer – Infrared heat detoxicates and stimulates the immune system.

Prevention: Boosting the body’s defences for preventing developing cancer (tumor cells do not like high temperatures).

Aftercare: The patient should be freed from the massive stress of free radicals.
The many positive health effects of sweating caused by infrared are consistent with naturopathy. Infrared heat aids the body to overcome pathological conditions on its own.

**Infrared radiation is beneficial when**
suffering from chronic pain, headache due to blood vessel problems, chronic colds, illnesses of the cardiovascular system, circulatory disorder (cold hands and feet), illnesses of the lungs, bronchitis (better circulation helps dissolving and transporting mucus), chronic fatigue, listlessness, rheumatic diseases, tensions, troubles with the joints, arthritis, frequent colds, painful diseases, UV damage, inflammations of the paranasal sinuses, respiratory disorders, revitalising and stress relief, reducing fat cells and a lot more

**FREQUENTLY ASKED:**

**Pacemakers, implants, artificial joints etc.**
Usually, there is no danger for implants, artificial joints etc. to be heated by infrared, for they are located much deeper in the body than the radiation penetrates.
The respective doctor decides.

**IN SUMMARY**
esential areas of application, like
- doing sports in the infrared tube
- prevention
- regeneration
- boosting the performance
- healthy and fast weight reduction
- fast shaping the figure
are favoured enormously by infrared radiation.

**ACUTE INFLAMMATIONS – no heat!**
Acute inflammations, bleedings, acute injuries, fever, the flu, infections, superficial phlebitis, occlusion of a deep blood vessel, advanced circulatory disorder, poor general condition, acute trauma and injuries In case of doubt, always check with the respective doctor!

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**What is infrared?**
Infrared radiation is a secure form of energy naturally occurring, which warms objects by a process called direct light transformation. It is also called radiation heat or radiation energy. The direct light transformation only heats objects, not the surrounding air. The energy penetrates the body for up to 5 mm and has numerous beneficial effects on skin, body and fat cells.

![Different types of infrared radiation](image)

**Different types of infrared radiation:**

- **A** = short-wave radiation
  - penetrates the underlying thermal layers

- **B** = medium-wave radiation
  - penetrates the dermis

- **C** = long-wave radiation
  - penetrates the epidermis

*The Perfect Forms Sun 400 XL works with type A, B and C radiation.*