



HEALTH MATE®
THE THERAPEUTIC INFRARED SAUNA



THE TOP THERAPEUTIC INFRARED SAUNA SINCE 1979

Your solution for improving your quality of life

- ⊕ Reduce muscle and joint pain
- ⊕ Reduce symptoms of stress and burn-out
- ⊕ Reduce sports injuries
- ⊕ Reduce weakened immunity and tiredness
- ⊕ Improve your fitness and circulatory capacity

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Welcome!

In this brochure, we try to explain what makes a Health Mate infrared sauna so unique. We have been a global presence in this sector since 1979! Since then, our infrared saunas have been sold in over 50 countries.

When using a Health Mate infrared sauna, your body is warmed from the inside-out. As a result, your blood vessels open and your heart rate increases. These combined effects allow toxins to be removed from deep within your body and building blocks to be supplied. Consequently, your body can recuperate more quickly, reducing stiffness and relieving painful muscles and joints.

A Health Mate infrared sauna is not medical, as such, but it will improve your quality of life. People use these cabins to de-stress, relax their muscles and simultaneously detoxify and give their immune systems a boost. Sports people use our cabins before and after training to improve performance and recover more quickly.

Because we are sure of the value and quality of our product, we also offer a genuine, life-long warranty on each cabin. You can find more information and reviews from owners on our website www.healthmate.be. Not quite sure or need a bit more information? Don't hesitate to visit one of our distribution points or book a **free taster session** via <https://www.healthmate.be/en/proefsessie>.

Joris Geerts

Health Mate® Europe



Therapeutic sauna



Patented Tecoloy™



Very low electromagnetic field



Life-long guarantee



All-in-price



Very low energy consumption

The **therapeutic effects** of longwave infrared

THE ROMANS AND NASA BOTH UNDERSTOOD THE HEALING EFFECTS OF LONGWAVE INFRARED ON OUR BODIES.

The Romans loved a laconium (a stone room heated using coal) and NASA discovered that infrared waves above 5,600 nm had a positive effect on the body.

But how does that work?

The **human body radiates heat** in the form of longwave infrared (around 9,000 nm). The closer you can get to it, the better the infrared light is absorbed by the body.

In concrete terms, longwave infrared light penetrates to just under the skin, where it is absorbed by water and turned into heat. Water is a great heat conductor and heats the surrounding tissues. The blood vessels in these tissues (muscles, cartilage, fat) dilate as a result and, after around 15 minutes, our internal body temperature rises.

To accommodate this change, our brains:

- 🔥 make endorphins (the happy hormone) which both soothe and relax
- 🔥 increase our heart rate
- 🔥 send blood to the skin to cool it down
- 🔥 create sweat on our skin

The combination of the increased heart rate, raised internal temperature and open blood vessels forms the **basis of the therapeutic effect**.

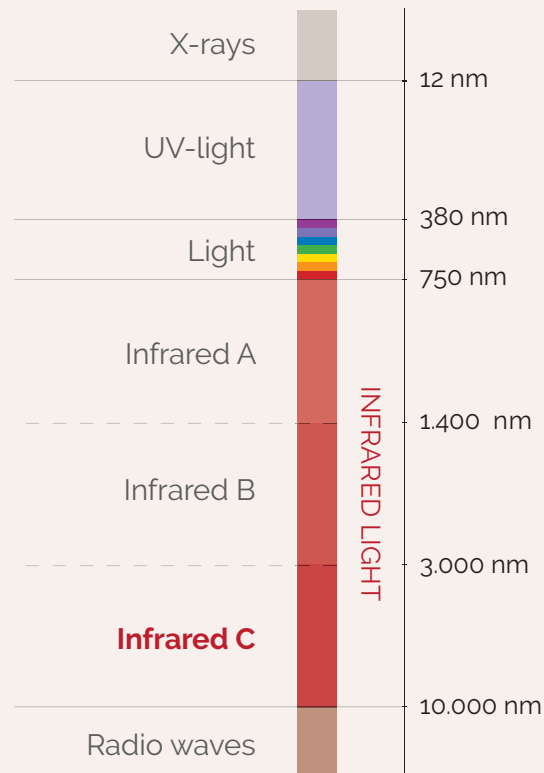
The increased internal temperature **weakens or kills harmful bacteria and viruses** and **boosts the immune system**.

The open blood vessels and increased heart rate allow **excellent circulation** throughout your body (even in the areas that are not easy to reach). All this ensures a good supply of building blocks (amino acids, sugar, oxygen, etc.) and the removal of toxins.

This, in turn, helps your body to heal more quickly and improves your quality of life.

Continue to enjoy life
TO THE FULL
thanks to a Health Mate®.

The power of infrared light



WHAT IS INFRARED LIGHT?

We could tell you a long and complicated story about infrared light, but all you need to know to understand how an infrared sauna works is that:

- 🔥 Infrared is actually **a type of light** which falls just outside the visible spectrum. You can't see the colour, but **you feel it as heat**.
- 🔥 Infrared light is generated at a **specific wavelength, between 780 and 10,000 nanometres**. This wavelength is important because it determines whether the **light has a beneficial impact on your body** or is just 'pleasant' like a warm bath or a heated cushion.
- 🔥 Another important aspect of infrared light is that it heats objects **directly**, without heating the air between the source and the object being heated.

IS THE WAVELENGTH IMPORTANT?

Yes, it is really important. Infrared waves between 5,600 and 10,000 nanometres have a so-called 'therapeutic effect on our bodies', i.e. they are beneficial to our health.



The **Health Mate Tecoloy** heaters generate a **proven range between 5,600 and 7,000 nm** (an average of around 6,340 nanometres). In this range, the infrared can reach the water in our bodies and make it vibrate, which then develops into heat.

LONGWAVE INFRARED AS UNIQUE WAVE

Longwave infrared is a slow wave that is easily absorbed by our bodies and penetrates deep into the cells. As a result, we are warmed from inside-out and this is the most efficient way to increase our inner temperature.

WHAT SHOULD YOU KNOW ABOUT OUR INFRARED HEATERS?

The wavelength emitted by the Health Mate infrared heaters is essentially 'created' to reach the cells in our bodies. As a result, a Health Mate has a **therapeutic effect on the body**. Shortwave becomes damaging to the body after 10 minutes and mid-length waves are far too hot. It is only when the infrared light exceeds 5,000 nm that it will generate heat in a pleasant way and also penetrate deeper into the cells.

The heating elements that we use, along with our wood variety, explains the difference in price between a Health Mate and another brand.

>> Want to know more about the health benefits? Go back to discover them all!

They often say that less is more. That is also the case with infrared cabins. Full spectrum heaters sound good, but are less healthy.

HEAT SHOCK PROTEINS

If the internal temperature rises enough, the body will create heat shock proteins.

A heat shock protein (HSP) is a type of protein that is produced in our bodies as a reaction to heat stress.

The most important purpose of an HSP is to protect and repair other proteins in our bodies. When cells are exposed to stressful conditions, proteins may lose their usual structure and this can lead to functional damage. HSPs are activated to help repair these damaged proteins and ensure they retain their usual shape and role.

HSPs also have a role in regulating our response to inflammation/infection and stimulating the immune system. They help clear away damaged cells and support cell survival. The protein ensures that our bodies, and primarily our cells, function effectively and we can recuperate more quickly. Furthermore, they make us more sensitive to various hormones for longer and this means we feel better for up to 2 days after our sauna.

Various studies have shown that heat shock proteins have a hugely positive impact on our bodies and mental health.

CELL RECOVERY

Some of the longwave infrared light is absorbed directly by the cells and then converted by mitochondria (the power stations in our cells) into ATP (the fuel in our cells). In combination with the heat shock proteins, this leads to excellent cell recovery and ensures that our bodies retain optimum levels of fitness.

Maintain your mobility and quality of life

GOOD CIRCULATION = BASIS OF GOOD HEALTH

Our bodies are continuously regenerating. Old cells are broken down and new ones are created.

- 🔥 This creation process is driven by chemical signals that are provided via the blood vessels.
 - They report the availability of building blocks (amino acids and others) after a meal.
- 🔥 As we get older, this circulatory capacity diminishes.
 - Reduced fitness regime.
 - Calcification of blood vessels.
 - Getting older.
- 🔥 As a result, we lose more muscle mass than can be created.
 - Improved circulation is vital to retain or rebuild muscle mass.
- 🔥 The most well-known method for improving circulatory capacity is fitness/endurance training.
 - This, however, is physically draining and is not always possible.

With a Health Mate sauna, you heat up from the inside-out. As a result, you can stay in the sauna for long periods, with a raised heart rate and internal temperature. This allows the blood to circulate better around our bodies, allowing us to maintain our muscles and mobility.

WHAT HAPPENS WHEN THE LIGHT REACHES THE CELLS IN OUR BODIES?

The infrared light makes the water molecules in our bodies move around, generating heat. The surrounding tissues are warmed and the blood vessels in this tissue open up (dilate).

The body then begins to remove this heat. Your heart rate goes up, your heart sends blood to your skin, and you begin to **sweat**. But that's not all; that cooling process also requires a great deal of **energy**. And the good news is that this means you are burning calories without making any effort or getting tired.

You can just sit back and relax and let your body do all the hard work. Your heart rate rises and blood circulation is stimulated, the equivalent of a half-hour run. So, a Health Mate infrared sauna provides masses of health benefits, from detox to cardiovascular training.

The body's internal temperature goes up, just like when you have a fever.

- ⊕ As a result, the immune system is activated and boosted.
- ⊕ The blood vessels then open up and this enables improved blood flow throughout the body.

All of your tissues (muscles, tendons...) receive efficient blood flow.

- ⊕ Supply of building blocks (amino acids, sugars, oxygen...).
- ⊕ Removal of toxins.
- ⊕ Stimulation of the growth of micro blood vessels.

Skin pores open and sweat is produced.

- ⊕ The skin is cleansed and receives better blood flow.
- ⊕ The production of collagen is stimulated, and this rejuvenates the skin.

The hypothalamus produces endorphins.

- ⊕ These 'drugs' produced by our own bodies have a relaxing and pain-relieving effect.

Heart rate increases significantly.

- ⊕ This compares to a cardio work-out but without the impact on the body.

Fat cells heat up and release toxins.

- ⊕ Fat cells are reoriented, reducing cellulitis and smoothing out the skin.

Regular use of the Health Mate therapeutic infra-red sauna helps the body to recover from infections and injuries and aids recuperation.



Infrared for **anyone** who wants to stay healthy

Everyone wants to stay healthy for as long as possible, right? So, enjoy the benefits of an infrared sauna. Boost your (preventive) immune system and sweat out your toxins: me-time has never been this healthy.

AN INFRARED SAUNA BOOSTS YOUR RESILIENCE

An infrared sauna boosts your **white blood cells**, the army that springs into action to defend your body against viruses. If you use an infrared sauna regularly, you will end up with more white blood cells so your system can be more 'alert' and defend itself more effectively. And, when you do get sick, you will recover more quickly.

In 2013, Polish scientists at the Institute of Biomedical Science in Krakow used blood samples to study whether the number of white blood cells increased in athletes after a session in a (classic Finnish) sauna more than in untrained subjects. In both groups, there was an **increased quantity of white blood cells, lymphocytes, neutrophils and basophils**, all of which play an important role in the functioning of our immune systems. The top athletes fared better than the mere mortals, but an increase was detected in both.



TOXIC SUBSTANCES AND THEIR EFFECT ON THE BODY

In our society, we are exposed to more and more chemical substances. This includes fire-retardants in carpets, pesticides in food, heavy metals, softeners in plastics and other chemical substances. Our bodies are not very effective at eliminating these toxins and these substances can have an even greater impact on our bodies as they also disrupt our biochemical processes. Many of these substances are linked to infections, depression, sleep problems and other physical and psychological issues. That is why it is important to cleanse your body of these toxic substances on a regular basis.

Because the longwave light of a Health Mate heats us at cellular level, the toxic substances are removed more easily via the kidneys, the liver and the skin.

*Toxins mainly reside in your
fat cells and disrupt your
body's processes*

AND IS THE BEST DETOX METHOD

Detoxing refers to the **removal of the (built up) toxins in your body**. These toxins are found everywhere; in the (polluted) air we breathe, in cigarettes, alcohol, processed foods, etc. Our bodies are constantly taking on toxic substances that cannot then be removed. These toxic substances disrupt many of the body's processes. As a result, we feel tired, unbalanced and despondent. We also suffer with allergies, asthma and excess weight that we can't seem to shift.

The detox process can take many forms. You can follow juice diets, fast, cleanse your guts, take pills and powders... But, one of the most **efficient and easy ways to detox your body** is to use a Health Mate sauna. The efficient blood circulation allows toxic substances to be transported to the kidneys and liver, where they are removed from the blood. That is why it is important to drink enough water before, during and after using a sauna. Furthermore, our fat cells also heat up, allowing the toxic substances which build up naturally to be disposed of more easily. The pores of our skin also dilate and we sweat, allowing the skin to be thoroughly cleansed.

Heavy metals and pesticides are not always easy to remove via our liver and kidneys. Luckily, our bodies can sweat these elements out.

SKIN

Our skin is the body's largest organ. It ensures that our bodies do not overheat and also provides a 'shield' that keeps all the unwanted substances out. That is why you must maintain this porous organ effectively. An infrared sauna ensures that the skin is thoroughly detoxed via intense sweating.

CAN DETOXING HELP TO LOSE WEIGHT?

Maybe you're not losing any weight despite your best efforts (exercise, watching what you eat)? This could be a sign of excess toxins in your body.

Waste products that do not leave your body via the normal routes (liver, kidneys, intestines, skin, etc.) look for a place to reside in your body. And be warned: fat cells are the favourite hiding place for toxins. The more waste products you have in your body, the more room you need to hold them, so your body will create extra fat cells to store everything efficiently. Also, many toxins are soluble in fat so they disrupt our hormone levels and biological processes and, in turn, impact our metabolism. If your body is full of toxins, you will find it harder to lose weight.

If your body is full of toxins, you will find it harder to lose weight.

TAKING ACCOUNT OF THE ELECTROMAGNETIC FIELD

Anything that uses electricity creates an electromagnetic field. There have been no long-term studies, to date, on the damaging consequences of exposure to an EMF. There are, however, **recommended limits** with which electrical devices must comply.

Our **Tecoloy**-elements have been tested and **certified** and emit 10 times less than the recommended level, or less than a light bulb.

YOUR SAUNA AS COLOUR THERAPY

Every Health Mate infrared sauna is fitted with **LED colour therapy**.

Colour therapy is centuries old. Shamans and Druids believed that colour had a specific impact upon people, and Chinese and Indian medics work on this basis too.

Depending on the result you are after, you can set a specific colour in your sauna.



RED Increases physical energy, vitality, resistance, spontaneity, stability and passion.



ORANGE Stimulates creativity, productivity, pleasure, optimism, enthusiasm and the expression of emotions.



YELLOW Increases cheerfulness, humour, optimism, personal strength, intelligence, logic and creativity.



GREEN Supports balance, harmony, love, communication, social character and acceptance.



BLUE-INDIGO Increases calm, love, friendliness, genuineness, inner peace, depth of emotions and dedication.



VIOLET Stimulates intuition, imagination, boundless flows, meditation, artistic qualities.



Martine Jonckheere tells us more

Actress Martine Jonckheere had her Finnish sauna installed 15 years ago but, since she's had a Health Mate, she's become addicted to her infrared sauna.

'I used my Finnish sauna three times a week, but I found it more stressful than relaxing. My husband Filip, who isn't a fan of heat, used it very rarely. I happened to discover an infrared sauna when I was staying with family in a hotel in Croatia.

It was the week before my mastectomy and was an incredibly difficult period (Martine was diagnosed with breast cancer in 2006). I can see myself, sitting there in the infrared cabin. It was so beneficial. Then I thought: I want one for myself. I use my Health Mate infrared sauna every day before I go to bed. Taking a little time for yourself does the world of good; I let go of everything in my cabin. And then I sleep like a baby. As well as the pure relaxation, there are other amazing effects.

For the first time since my mastectomy in 2006, I am starting to regain feeling in the left side of my body. I've not had much feeling there for years. Now, it's like it is defrosting. I've never had this effect from another sauna. The stiffness in my neck has also gone. I wouldn't be without my sauna.'

“ Taking
a little time for
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world of good; I
let go of
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”



Infrared for people suffering from pain

Over the past 50 years, there has been a great deal of **research** on the **effects of an infrared sauna on our health**, particularly for those with muscle and joint problems. Their **quality of life improves considerably thanks to the infrared sauna**. And even people with fibromyalgia and arthritis often find that this is the only way to manage pain without the use of medication.

PAIN, THE MOST COMMON COMPLAINT IN THE WORLD

Belgium alone has around 900,000 patients with chronic pain. These are people who suffer from pain **every day**. In this context, a distinction is made between acute and chronic pain. Acute pain arrives suddenly due to an injury or strain. The pain goes once you have recovered from the injury or strain. **Chronic pain** emerges slowly or in the aftermath of acute pain, and doesn't go away. Pain becomes chronic if it continues for longer than three months. After six months, the pain becomes 'embedded' in the body and changes are brought about in the spinal cord and brain. At that point, the **nervous system** has adapted to the pain and **will keep sending pain signals**, even if the injury is long gone. That is why it is so important to treat pain in the first weeks and months.

*Backache:
one of the most
common forms of
chronic pain*

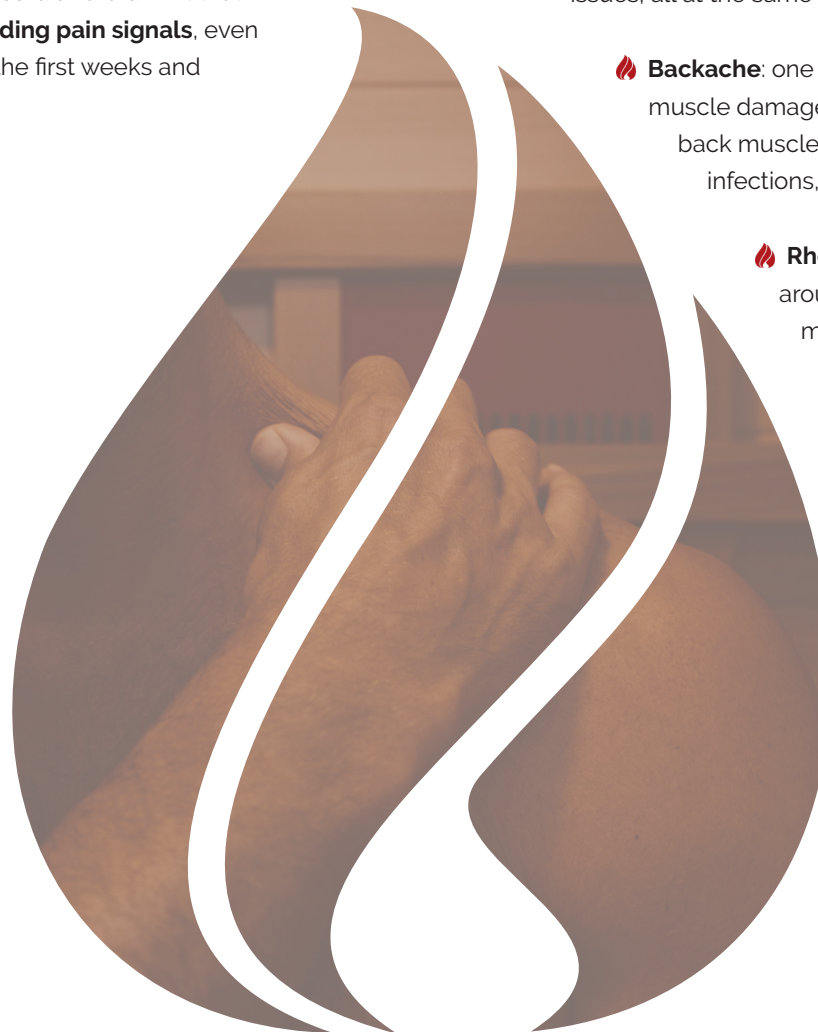
“ When my body cramps,
my Health Mate really helps. ”

Lady Gaga

TYPES OF CHRONIC PAIN

- 🔥 **Auto-immune diseases:** your immune system incorrectly identifies your body's own cells as foreign objects and tries to eliminate them. In other words, your body attacks itself. One auto-immune disease which is fairly common and leads to painful inflammation in muscles and joints is (rheumatoid) arthritis.
- 🔥 **Arthrosis:** a form of arthritis which manifests in painful joints, and is caused by wear and tear. Not to be confused with arthritis: the 'itis' at the end refers to inflammation or an infection; the 'osis' refers to wear and tear.
- 🔥 **ME or chronic fatigue syndrome:** a debilitating tiredness that is never alleviated and which goes hand in hand with other symptoms such as muscular pain, headaches, memory problems, sleeping problems and so on. ME has no clear cause.
- 🔥 **Fibromyalgia:** pain in the connective tissues and muscles without any obvious cause. Fibromyalgia symptoms include pain, stiffness, sleeping disorders, headaches and indigestion issues, all at the same time.
- 🔥 **Backache:** one of the most common forms of chronic pain. There are many causes: muscle damage, wear and tear on the spine/spinal discs, obesity, weak stomach and back muscles, too much sitting down, excessive exercise, bad lifting techniques, infections, trapped nerves, and so on.
- 🔥 **Rheumatism:** a collective name which covers many areas. This concerns around two hundred acute and chronic complaints which affect our movement systems (muscles, cartilage and joints) and the corresponding connective tissue.
- 🔥 **Cancer related pain:** pain caused by cancerous swellings that push on organs and/or the related treatment. Also, tumours and secondary tumours can shed chemical substances that directly stimulate the pain receptors and, in turn, cause pain. This includes pain in the organs, nerves, bones and so on.

*Pain becomes chronic
if it continues for longer
than three months*



THE QUEST FOR A SOLUTION

People with long term, chronic muscle and joint pain are rarely offered a solution by classic medicine. In many cases, even the cause of the pain may go unidentified.

- 🔥 **Pain medication** is always the first step, including simple painkillers, anti-inflammatories and medicines that inhibit the progress of the problem.
- 🔥 In this context, an **infrared sauna** is often used to **treat pain and muscle/joint stiffness**. The heating elements in the Health Mate make the molecules in your body move about and generate heat. This heat encourages tense, painful muscles to relax and become more supple. And, because the circulation is stimulated, your muscles also receive more blood. Ex-triathlete Marc Herremans, whose accident left him paralysed and suffering from muscle pain, calls Health Mate *'his natural painkiller'*.
- 🔥 Some (holistic) doctors tackle contamination in the body when addressing chronic pain. External factors (air and soil pollution) or internal factors (intolerances, long term stress, lack of sleep) may stop your body being able to restore its natural resilience. This leads to a build-up of waste substances which can lead to auto-immune diseases such as ME, fibromyalgia and so on. Many orthomolecular doctors, therefore, start their courses of treatment with **nutritional supplements** which tackle this contamination. An **infrared sauna** can also offer support in this, given that it is an efficient method for **removing waste substances from your body**.
- 🔥 A great deal of research has been conducted on the **effect of the diet** on chronic pain. Doctors are increasingly taking the view that adapting the diet can have a significant impact. The Mediterranean diet is seen as the guiding principle for people with chronic pain, with reduced carbohydrates, a great deal of (healthy) fat, fish, fruit and vegetables, nuts and seeds.

Did you know....

It is estimated that three out of four people with chronic pain are suffering with a mild to severe form of depression? Living with pain is very isolating. Instead of taking part in normal life, they are usually sentenced to a life between four walls. Maintaining social contact is not easy as you often have to cancel arrangements (at the last minute) as your pain is just too much.

American pop-singer Lady Gaga suffers from fibromyalgia. That's why she has a **Health Mate infrared sauna** at home, to effectively manage the (muscle) pain.

'When my body cramps, my infrared sauna really helps. The sauna helps me so that I can carry on fulfilling my passion and doing the work and other things I love, even on days when I don't feel like getting out of bed.'



Corinne now has her pain under control, after choosing a Health Mate

*'I suffered with my health for many years. I was a single-mum and worked hard so I think that's where it started. When I met my husband, I crashed. I just couldn't do anything, I was exhausted. First, the doctors thought I had thyroid problems but, along the way, I encountered a doctor who suggested a diagnosis of **fibromyalgia**. Twenty years ago, very little was known about this condition but it was considered to be a mental health issue. I took painkillers and carried on; I had no choice. I needed the medication to counter the pain but I didn't like taking it. I was ruining my body with all those pills.*

In the end, I saw a doctor who suggested changing my diet. And yes, a gluten-free diet made a huge difference. He also advised me to buy an infrared sauna and that's when my search began. I think if you're making a substantial investment, you need to make the right choice. That's when I found Health Mate. It's more than just heat; the light must have a therapeutic effect.

I bought my cabin eight years ago. In the same period, I had polyps in my gut. I then decided to stop taking any medication and detoxify my body. I used my Health Mate intensively and, after around six months, I started to feel fit again after all these years. The gut specialist didn't understand. 'What have you done?' he asked when he couldn't detect any polyps or fungi. I told him my remedy: no medication, detoxing, gluten-free diet and a session in my infrared sauna every day. 'Well, carry on,' he said.

And I've been doing that ever since. I have even become a dealer for Health Mate, supported by my husband, who is always really encouraging. In the end, I was really disappointed by conventional medicine and I wanted to make everyone aware of the fact that there is a solution to pain. I started small in my garage with a few cabins. Now, I have a few large stores.

My life is completely different today. I used to have constant blockages in my body. I had to be removed from my car by an ambulance five times because I was so badly cramped. But not any more. I had to give up my active life for a while and it was incredibly hard. The disease is invisible. When I went out for evenings with friends, they'd say 'But you don't seem to be in pain'. But nobody realised that I wouldn't be able to get out of bed the next day.

*Health Mate changed my life. The pain is now completely under control. It is a great tool and, **thanks to my infrared sauna, I can forget that I am ill.***

Infrared for stress and burn-out



STRESS IS AN INVISIBLE KILLER

Experts have agreed for many years: many chronic illnesses, including heart and vascular diseases, cancer, obesity, Alzheimers and so on, are (partially) caused by stress. Busy days and bad nights, trauma, feelings of guilt, loss, pain, depression... barely getting by makes a person mentally and physically ill. At some point, the barrel will be completely empty and your whole body will be blocked and completely devoid of any energy.

Avoiding stress is difficult and often impossible. Anyone who lives with anxiety, grief or chronic pain will experience a great deal of stress.

THE BEST REMEDY

The biggest mistake made by people with stress is to watch TV for three hours, thinking that this will 'empty their heads'. You may enjoy doing this, but the level of stress hormones in your body will not drop as a result; the energy will remain just as blocked as before. The only thing that helps is using **physical techniques that highlight where your stress lies and help you let it go.**

Yoga, meditation and breathing techniques can offer respite, as can an infrared sauna.

THE BIGGEST CULPRIT WITH STRESS: ACIDIC MUSCLES

When you are stressed, your body is constantly alert and this makes your body work very hard. This tiredness first affects the muscles around the neck and thorax. Normally, your heart pumps blood to your muscles but the high respiratory level we adopt during stress prevents that from happening. The supply of oxygen-rich blood to your muscles is insufficient and toxins are not removed as a result.

Add in constricted blood vessels and the production of lactic acid (relating to the reduced condition of your blood) and you end up with **cramp in your muscles which can lead to general acidification in the body and (chronic) pain in your muscles, joints and tendons.** In an infrared sauna, your muscles get an oxygen boost and can recover: oxygen-rich blood flows to your muscles and toxins are removed. An infrared sauna thus helps to restore balance in your body.

MENTAL HEALTH

Because we remove lots of toxic substances from our bodies, give the immune system a boost, create heat shock proteins and generally optimise our bodies, we will also have an impact on mental well-being. People who regularly use an infrared sauna struggle less with depression, feel better overall and have more energy.

When you are stressed, your body is constantly alert and this is very demanding



Annelies shines

Annelies (36) has a family and a busy job as a copywriter. She writes a blog for Health Mate about her quest for balance and you can follow her on anneliesstraalt.be.

'There are moments when I feel like I'm in a pressure-cooker. The lid is hermetically sealed and everything seems to be ok on the outside but, on the inside, the temperature is rising and there is a risk that the whole thing will explode.

Children who don't listen to you in the morning and make me late out the door, a train that is cancelled, road works which mean I have to take another crazy route around goodness-knows-where, a printer that's not cooperating, a mountain of emails I can't get through - and the day is only halfway through (sigh). On days like this, I have a tick-list of easy ways to de-stress my body: focussing on breathing, taking a break before I make important decisions, going outside for 15 minutes and so on.

And in the evenings, after a stressful day, nothing helps more than 45 minutes in my infrared sauna. Head and shoulder pain disappear, my muscles relax. And then my head relaxes too. Thoughts that keep going around, to-do lists that I can't forget... in my sauna it all melts away.

I crawl into bed with an empty head and, instead of counting sheep, I count my blessings. And, before I get up to three, I am in a deep, restful sleep. Bye bye stress!'

A Health Mate is an investment in your quality of life for the rest of your life.

Infrared for **sports people**

Muscle injuries are repaired up to three times quicker in a Health Mate infrared sauna



MANY TOP ATHLETES HAVE A HEALTH MATE AT HOME.

But that should come as no surprise; it is the ideal partner for your post-exercise routine.

The heating elements in the Health Mate make the molecules in our body move about and then generate heat. This heat encourages **(tense) muscles to relax and become more supple.**

And, because the circulation is stimulated, your **muscles also receive more blood.**

And there's more... when you engage in intense sporting activities, your body creates free radicals. These are damaging particles which attach themselves to other, healthy cells and cause inflammation and reduced natural resistance. **The more free radicals you have, the more waste substances there are in your body and the greater the chance of injuries.** Most injuries are caused by inflammation as a result of (over) tiredness, rather than by a sudden movement or fall. So, an infrared sauna is the **very best detox** for removing all your waste substances.

“ When training for the cycling season, my Health Mate infrared sauna helped make my **training sessions easier to cope with.** ”

Ex-competitive cyclist Jurgen Van den Broeck

FITNESS TRAINING

On rest days, you can work on your cardiovascular fitness without any physical stress.

BEFORE SPORT

Many (elite) athletes sit in a Health Mate with their clothes on, until they begin to sweat. They are then **perfectly warmed up** and can exercise in colder conditions and are also **better protected against injuries.**

AFTER SPORT

After physical exertion, your muscles **recuperate** quicker because blood is able to reach every cell in your body. This also allows **muscle injuries to recover three times quicker.**

MORE FLEXIBLE MUSCLES

Research has shown that if you stretch your muscles after a 40 minute session in your infrared sauna, you will permanently increase your muscle flexibility.

Triathlete Marc Herremans was paralysed **after a bike crash.** But he carried on training: in 2006 he won the Ironman in Hawaii in the hand-bike division. Today, he trains triathletes and other sports people.

“ As a result of my paralysis, I often have issues in my back and suffer a lot of muscle spasms and aches. Without my infrared sauna from Health Mate, I would probably still need painkillers and a lot more physio, but that's no longer required. My **daily infrared session keeps my muscles supple** and allows me to increase my training. In the run-up to a competition, my Health Mate is vital. **It is my natural painkiller!** ”

Triathlete Marc Herremans



The story of Patrick Rondelez

'At the end of May, while jogging, I fell and suffered a **humerus fracture in my right shoulder**. The doctor's verdict? 3 weeks in a brace and then physiotherapy.

Because I know that being **immobile is terrible for your muscles**, I began to use my infrared sauna after two weeks and then had three sessions a week, every week.

It not only helped with my mental health, it was also hugely beneficial for the muscles in my right shoulder.

I felt an improvement after each session and was able to take the brace off regularly after just two weeks.

After a month, I went to the physiotherapist (2-3 sessions per week) and everything ran very smoothly. I could do my prescribed exercises much quicker.

One month after my accident, I was back at work and 2 months later I was back to running. Then, three months later, during my final consultation, the doctor told me that **such a quick rehabilitation process is very unusual**. I am pain-free for most movements. Only the movements behind my back are still painful and that may take a bit more time to heal.

Health Mate is not just great for maintaining fitness levels, it has also been tremendously helpful in my rehabilitation process. **It is an investment I would recommend for anyone!**

“ My doctor was amazed
at my rapid recovery ”

A regular sauna versus an infrared sauna:

What is the difference?

The classic sauna: panting at 90°

The idea that high temperatures could have a cleansing and relaxing effect has come from Finland. The Finns used to build huts or grottoes where they could build a fire to increase the temperature significantly. Later, they created professional saunas - so-called Finnish saunas - where: **the sauna heats up the environment, i.e. the sauna cabin.** The temperature is raised to around 90°. To convey this heat smoothly to the skin, water is vaporised. Your body will respond in the same way:

- 🔥 your heart rate goes up
- 🔥 you start sweating
- 🔥 blood rushes to the skin to cool it down

However, because the heat is coming from outside and the temperature of the skin is much hotter as a result, the blood does not cool down, it just heats up. As a result, the body is subject to a great deal of stress and the cardiovascular system is really put to the test. This is also why you feel like you need to leave a Finnish sauna after around 10-15 minutes and why they are not recommended for people with heart problems.

A Finnish sauna must be heated for 60 to 90 minutes before it is sufficiently warm, sometimes using ten times the energy required for an infrared sauna.



The infrared sauna: enjoying at 50°

In 1979, the Health Mate infrared sauna was created in sunny California. The big difference with regular saunas is that this one works using **infrared light** that heats your body from inside-out; the cabin itself does not heat up (although it will warm up naturally). This is a much more pleasant experience. 50° in your infrared sauna is enough to make you really sweat.

The advantages of an infrared sauna

1. Of course, you do sweat in an infrared sauna because you are heating up from inside-out. But you can better cope with this heat and it also works deep inside your body. And because you can tolerate the heat for longer, you will also sweat more.
2. An ordinary sauna is dangerous for heart patients because the heat puts the heart under pressure. But an infrared sauna is good for **cardiovascular fitness**. Furthermore, **you improve your blood circulation capacity** permanently when you **use a Health Mate infrared sauna regularly**, without physically straining your body.
3. An infrared sauna **can be installed at home. You just need a socket.** After 15 minutes, it's ready for use. *Did you know that our infrared saunas use about as much power as a hair dryer?*
4. Health Mate infrared light has an **amazing effect on our bodies** by increasing both internal temperature and heart rate. These health benefits are really hard (or impossible) to achieve in a Finnish sauna.

Why Health Mate? and not another brand?

We have been conquering the world with our Health Mate since 1979. You can now find our saunas in over 50 countries and very rarely see them on the second-hand market. Having a Health Mate clearly means keeping it for life.

It is a huge investment, but we are aware of that. We are often asked whether a cheaper cabin from a DIY range is just as good. The answer is easy: *a cheaper cabin does not offer a genuine alternative to a Health Mate infrared sauna*. Cheaper saunas work with other heating elements that do not have the same effect or with other wood varieties that are not of the same quality. Comparing a cheaper cabin with a Health Mate on the basis of price alone is misleading for the consumer. Also, we are one of the few companies to build our saunas in our **own factory**. That is why we are the only company that can guarantee **quality** and offer a **genuine warranty for life**.

IMPORTANT DIFFERENCE 1: OUR HEATING ELEMENTS

The difference between other heat cabins and our infrared sauna is the effect on your health. Heat is always beneficial, of course, but only infrared light and 'deep level therapy', as provided by the Health Mate, have a **therapeutic effect on your body**.

Health Mate uses **patented Tecoloy heaters**, with very low electro-magnetic radiation. They have a proven, unique range between 5,600 and 7,000 nm. This range is not just a number, it is important in terms of your sauna's impact: **it is only from this wave length that a sauna has a therapeutic effect on your health** (we call this 'deep level therapy' because it offers deep penetration and relaxes cells and muscles). Heating elements that only reach up to 5,600 nm offer these health benefits but to a lesser extent. The temperature of your skin rises, which means you cannot stay in the sauna for long enough to allow the heat to really penetrate.

IMPORTANT DIFFERENCE 2: OUR CHOICE OF QUALITY WOOD

Our sauna cabins are made of wood that fulfils strict requirements.

- It does not deform or split at high temperatures, during severe temperature fluctuations or when the air humidity changes significantly. Cheaper wood varieties will split or bend quickly.
- A low percentage of lignin (the glue that holds wood cells together) ensures high reflection of the infrared light. Lignin absorbs infrared light and turns it into heat.
- High resistance to water, so the wood is better protected against bacterial growth and the formation of fungi.
- The trees are also harvested ethically.

IMPORTANT DIFFERENCE 3: OUR LIFE-LONG GUARANTEE

Health Mate is one of the few brands which manufacture their saunas in their own factory. As a result, we have full control over all aspects of our saunas.

This enables us to offer a life-long guarantee for:

- the operating panel
- the power supply
- the lighting
- the heating elements

And when we say life-long, we really mean life-long. If something goes wrong, we will replace the component free of charge (we just charge postage for saunas that are 2 years or older).

*The heating elements
largely determine the price*

COME AND FEEL THE DIFFERENCE

A Health Mate is not an impulse-buy and we are well aware of that fact. Before you take one home, you need to see what they are all about and try one out to feel the difference with other saunas.

That is why we have **free testing areas** at most of our sales points. The difference in heating elements, and the corresponding effects will be clear afterwards too. So why not make an **appointment for one or more free tests**. Do this on **healthmate.be**

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Your Health Mate sales point: