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Sweating: The Body's Cooling and Cleansing Mechanism

We associate certain negative connotations with it and often try to prevent the process altogether, but sweating is in fact, an important and healthy bodily function. Essentially, sweating serves two purposes: firstly, it is the means by which our body cools itself in response to a rise in temperature, and secondly, it is one of the primary pathways for clearing contaminants from our system.

Our bodies are deeply warmed in the Far-InfraRed sauna. In response to the rise in body temperature, the hypothalamus (the part of the brain that regulates body temperature and metabolism) activates our complex thermoregulatory system. This involves several mechanisms including an increase in heart rate, cardiac output and a dilation of blood vessels.

Body temperature is kept within the normal range through the process of sweating. When the body heats up, the heart rate increases to pump the warmed blood away from the internal organs towards the skin. Blood vessels dilate, increasing blood volume and flow to the skin. Heat is transferred from the blood to the sweat and is released into the air from the skin's surface. The cooled blood therefore cools the body.

As you continue to use the Far-InfraRed sauna, you gradually become 'acclimatized' and generate more and more sweat. The volume of sweat produced in the Far-InfraRed sauna is profuse, amounting to 2-3 times that in a regular sauna. Acclimatization increases cardiac output, raising blood flow from a normal 5-7 quarts per minute to as much as 13 quarts per minute.

As mentioned before, inducing a heavy sweat in the sauna for detoxification purposes is an ancient tradition practiced by different cultures around the world, and wisely so. The skin is our largest organ and sweating is one of the body's most important 'detoxification' pathways. The combination of modern Far-InfraRed heating technology with the ancient sauna ritual has resulted in an effective way to deeply cleanse the tissues of the body.

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