

## Far-Infrared FAQ's – Bodo Curve

### a. Why use infrared over a traditional sauna?

Traditional saunas operate by heating the air in the cabin through convection, which means heating the air. This explains why the air in traditional dry or steam saunas feel “hot” to breathe in. This heated air then comes into contact with the body and begins to heat the skin through conduction. Slowly this leads to whole body-heating, most importantly boosting the core body temperature over time.

In our Far Infrared saunas, the carbon fibre heaters emit waves of far infrared (invisible light that the body perceives as heat), which bypasses heating most of the air and instead targets heating the body. By not losing heat energy to the air and by penetrating the skin and muscle tissues, infrared boosts core temperature much faster than a traditional sauna, leading to faster acquisition of numerous health benefits (see below).

When the core body temperature is increased, it increases the rate of enzyme reactions in the body – in short, more nutrients can move into the cell, more waste products out. Furthermore, the rate of enzymatic reactions that take place in the liver (our major detox organ), increase, so toxins and wastes can be metabolized and excreted from the body more effectively and efficiently. Naturopathic doctors also believe that infrared induces detoxification in the body through the act of sweating. This theory holds to the belief that many toxins that the body cannot metabolize are stored in fat cells and that Infrared helps to release these toxins from cells beneath the skin through sweating.

### b. Is far infrared safe?

The name “far-infrared” may sound intimidating, but it is simply the part of sunlight that we perceive as heat, and is completely safe. To back its credibility, far-infrared has been clinically tested for a variety of conditions, including patients with cardiovascular disease, fibromyalgia and numerous skin conditions. Health professionals have used red far-infrared heat lamps for decades to **treat muscle and joint problems** and in hospital baby care units, incubators are often equipped with far- infrared heating systems to **keep newborn babies warm**.

### c. What are the health benefits to using a far infrared sauna?

See the supplementary document “**Far Infrared and Your Health: Clinical Research of Far Infrared Saunas.**”

### d. Price of the Curve?

\$1899+GST (Dome+FIR BackPad). \$1499+GST (Dome, no BackPad). We strongly recommend the BackPad as it provides a full 360 degree experience of the far-infrared.

### e. What is the warranty of the Curve?

The Curve is covered with a lifetime warranty for the cabinetry, electrical and heater components, offered through the Bodo Store. See ‘Bodo Lifespace and Curve Warranty’ document.

**f. How does delivery work?**

Delivery can be booked through Bodo. Please call us (403 275 2677) or have the customer call us to arrange delivery (or in the case of the Curve, a pick-up is usually sufficient, as the box will fit into most vehicles). The warehouse is open Monday-Friday 7:30-3:30pm and is located at 1726 – 25<sup>th</sup> Ave NE Calgary. If the customer would like to pick-up their Curve, still have them call ahead so we can ensure someone is at the warehouse to get it ready for them and help them load.

**g. How easy is the Curve to set-up?**

Very. The Curve takes only about 15 minutes to set-up and is completely tool-less.

**h. Our quest for the perfect manufacturer: How we chose our heaters and factory –**

When Bodo was founded, we wanted to ensure that every technology we carried was substantially evidence-based. From there we spent 16 months researching which companies made the best in each “proven” technology field. In the case of Far Infrared, we considered the 18 largest manufacturers of saunas in the world. Further we assembled an office with 4 engineers to torture test the technology – we even built our own prototypes so we could easily compare manufacturing quality and heater technology.

**Our main criteria for a factory to be considered was as follows:**

1. Treatment of employees – Both safety and worker conditions, and the ecological sustainability of each manufacturer.
2. Quality of the wood and cabinetry manufacturing and ethical wood sourcing – Thickness of the walls and where the wood is sourced from were major considerations.
3. Quality, efficiency, and effectiveness of the heaters -

What we found is that within the two main heater types: carbon and ceramic there was a large amount of poorly constructed emitters that are only going to last from 1000-2000 hours. The carbon fiber heaters that we use are warranted to last a lifetime by our manufacturer Goldenwave, not just by us the retailer. Our heaters have also been clinically tested by the Applied Infrared Association of Japan. The reason we chose carbon fiber over ceramic was the larger surface area and lower surface temperature. This allows more of the body to be exposed to the far infrared and the lower surface temperature is not only more comfortable, but it also emits a longer wavelength that penetrates deeper into dense objects such as the human body.

**The criteria we used in selecting our heaters:**

1. Effectiveness of heater emissivity: Results ranged from 85%-95% emissivity in comparison to a black body. The heaters from GoldenWave were the best at 95%.
2. Effectiveness of combination of heater technology: We tested carbon and ceramic heaters together and separately. With both types of heaters we found a great difference in quality. In the end we chose carbon over ceramic because of at least 6 times the surface area, lower surface temperature for longer far infrared wavelength, durability and lifespan.
3. Lifespan of heaters: The heaters we tested ranged anywhere from 1000 hours to never having failed in testing. The heaters we use are warranted for a lifetime and have an expected lifecycle of 50,000 plus hours.

\*In the end only **TWO** manufacturers met all our criteria. We selected the highest quality manufacturer (GoldenWave, a company which has sold thousands of high-end saunas around the world for many years), yet our prices are nearly half of the few other high-end retailers in North America as we are able to work factory direct.

Quote:

" ... with the infrared sauna we are talking about reversing disease, getting rid of underlying causes and therefore getting rid of the symptoms once and for all. We are talking about restoring the body to a level of chemicals it had maybe 20-50 years ago."

*(Detoxify or die, Sherry A Rogers M.D, Prestige publishing, 2002. ISBN 1 - 887202-04-8, p.227)*