



SUNLIGHT SAUNAS™

## TESTIMONIAL

### PROMOTING SLEEP, ENERGY, REJUVENATION

Here I sit  
Pen in hand  
Writing about the greatest sauna in the land.

A full colour advertisement for a infra-red sauna first caught my attention on the back of a magazine. Jotting down the web site I proceeded to read all material relating to far-infrared on the internet. Interested to proceed further I was delighted to discover that the sauna was available for consumer perusal at the Home Show in Melbourne in 2004. The said sauna I examined at the show was not my preference. The price was not prohibitive but further investigation and comparisons needed to be made regarding easy assembly, nature of wood used and most importantly the heaters.

It was at this time that **Sunlight Saunas** and Mark came into the picture. He was such an avid and enthusiastic representative of the Sunlight far-infrared sauna that I was tempted to proceed to the next step which was to try a Sunlight Sauna first hand. Mark kindly arranged this for me at the home of Sandra who was very helpful and complimentary of the Sunlight sauna. I was given a short introduction and then advised to "jump right in" and that "I would love it". Entering the sauna cautiously at first I found no great miracle had happened to me in my first 10-15 minutes. However Sandra assisted throughout and later when driving home I felt really good! There is no other way to describe it – I did not expect to feel this good after one session but I have to admit I felt that it had had a beneficial effect on me. Arriving home, and after hours of discussion with my wife (mostly on my side) we decided to purchase a Sunlight Sauna as it was the infra-red sauna I was determined to buy. I was assisted with the assembly of the sauna by my brother-in-law in a record 15 minutes.

Using a bright white towel to sit on and after the sauna was my greatest mistake. Perspiring profusely in the first few sessions in the sauna I was amazed to discover that the perspiration oozing out of my pores was very dark brown and oily. Happily this stage of the sauna process has now ceased as obviously all the "toxins" which were built up have been released through the pores.

Using the sauna at least 5-6 times a week is proving very beneficial to my health. I vary the times I use the sauna, morning or evening. From a relaxing point of view the sauna in the evening helps me to sleep deeply and soundly and the morning sauna gives me energy to get on with my daily tasks and feel quite refreshed.

My skin seems to be a lot cleaner and softer. I feel very relaxed in the sauna just sitting with closed eyes listening to the CD of my choice. At other times I read a magazine or journal and the time flies by.

There are many ways I feel I have benefited from the use of my Sunlight far-infrared sauna. I was a bit sceptical when first reading about them but am now completely convinced. Using my Sunlight Sauna makes me feel very relaxed, rejuvenated and healthier in mind and body.

Leslie John Harris  
Corio Victoria

#### Sunlight Saunas Pty Ltd

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