



## Introduction to Heliospa

Heliospa is the trade name of Ikigai Holistic Wellbeing Sdn Bhd and is an authorised agent for Clearlight Infrared Saunas in Malaysia. Our store is located at Level 1, Empire Shopping Gallery, Subang Jaya, Selangor. We offer a range of indoor and outdoor Clearlight Infrared Saunas for sale and can deliver and assemble these saunas to anywhere in Malaysia. In addition, we also have private rooms on-site at our store which are equipped with infrared saunas and entertainment streaming facilities where customers can enjoy hourly infrared sauna therapy sessions.

## About Clearlight – Sanctuary 1 & Sanctuary 3

1. Clearlight infrared saunas are self-contained, free standing units which can be easily assembled within 3 hours. The sauna units can be dismantled and re-located based on the Do-It-Yourself ("DIY") instructions in the owner's manual. Clearlight has a range of indoor Sanctuary infrared saunas suitable to seat a single person to 4 persons. Clearlight also has a range of outdoor infrared saunas.
2. Most of the infrared saunas available on sale on online shopping platform have only far infrared heaters of unknown safety standard and are not rigorously tested for electrical and hazardous safety materials.
3. Clearlight saunas are powered by **full spectrum infrared heaters (i.e. 1/3 near infrared, 1/3 medium infrared and 1/3 far infrared light)** which are made of carbon fiber and patented ceramic compound. Full spectrum infrared heaters ensure a deeper and even penetration into the human body of up to 3cm depth. It also raises the core body temperature up to 2°C for a faster sweat-out and quicken body circulation. The infrared heaters of Clearlight saunas are positioned on the front, back, sides and even from the floor. The positioning and efficacy of the heaters means that Clearlight saunas need to be pre-heated for only 10 minutes before stepping in to enjoy a great sweat-out session.
4. Clearlight sauna is safe for daily use by young and old users as long as each user drinks at least 1 litre of water before and during the sauna session. Please refer to Appendix A for the proven benefits of infrared sauna. Doctors and experts recommend Clearlight Sauna as listed in the link (<https://infrared-sauna.co.nz/doctors-and-experts-recommend-jacuzzi-saunas> )

5. Clearlight infrared heaters are designed and improved over 20 years of research and testing to give you the best therapeutic heat therapy for children and elderly folks. In fact, Clearlight sauna heaters are independently tested and certified to have the **lowest EMF (almost zero Mg)** and hence considered the safest sauna in the market. It complies with World Health Organisation standard on Electric Magnetic Frequency ("EMF") radiation safety guide. A sauna user is exposed to zero EMF radiation seated in the centre of a Clearlight sauna. High EMF exposure increases the risk of cancer. **As far as we are aware, there are no other saunas in the market with virtually zero EMF and given an independent certification of EMF safety compliance.**
6. Clearlight saunas are controlled via a digital control panel inside the sauna unit which allows the temperature (maximum of 70°C), intensity of full spectrum heaters (from 50% to 100%) and duration (5 to 60 minutes) to be set for each session. Users can also stream their favourite music and videos from their tablet or mobile phone via Bluetooth connection to the Nakamichi speakers inside the Clearlight sauna unit.
7. Clearlight saunas are made with the highest manufacturing standards and constructed entirely from sustainably grown Canadian Red Cedar/ Mahogany wood and 8mm thick sheets for front and ceiling panels, without the use of any glue or toxic materials. Clearlight saunas are independently certified for **their design and built to be free from the release of any hazardous and toxic substance in a heated sauna environment.** The product certification is attached in the brochures.
8. On top of the surrounding infrared heat, Clearlight infrared saunas also provide LED chromotherapy (12 colours) for additional healing therapy (e.g. Red light therapy boost body circulation and metabolism as we age whilst Blue light therapy is ideal for to calm our mind and aid sleep).
9. Clearlight saunas comply with the safety and electrical standards for sale of electrical equipment in the USA, European Union countries and Canada. As such, there is no electrical maintenance needed for the sauna.
10. The cleaning and maintenance of Clearlight saunas involve straightforward and simple procedures – wipe down the inside of sauna weekly with a damp cloth to remove perspiration stains. As an additional sanitizing measure – the use of 1% hydrogen peroxide (food grade) solution to wipe down the insides of the sauna is encouraged. It



is also recommended that cotton towels be placed on the bench and floor to absorb any perspiration during a sauna session.

11. Currently, Clearlight saunas come with a **comprehensive lifetime warranty** from Clearlight USA to cover the entire sauna including the electrical components for private residential use. For commercial/public use, each purchaser is given a comprehensive 5 years warranty covering the entire sauna. Should there be any manufacturer's defect in any sauna parts/components, Heliospa will liaise with the Clearlight distributor for the Southeast Asian region for the appropriate replacements.

### **Purchase price of Clearlight sauna for residential use**

12. There are 2 options for your consideration. The full price list of Clearlight Sanctuary sauna are in the attached brochures.

#### **Option A**

Description	RM
Clearlight <b>Sanctuary 1</b> full spectrum infrared sauna Dimension : Width 43" x Depth 48" x Height 77" Seating capacity: 1 person Requirement: A level & dry surface area and a standard power plug of 240V (13A)	31,800
Transport delivery of flat packed infrared sauna within Klang Valley and installation of infrared sauna (within 3 hours)	Free
Lifetime comprehensive warranty on entire sauna to the purchaser by Clearlight USA	Free
<b>Total</b>	<b>31,800</b>



### Option B

Description	RM
Clearlight <b>Sanctuary 3</b> full spectrum infrared sauna Dimension : Width 71" x Depth 48" x Height 77" Seating capacity: 3 persons Requirement : A level & dry surface area and a standard power plug of 240V (13A)	36,800
Transport delivery of flat packed infrared sauna within Klang Valley and installation of infrared sauna (within 3 hours)	Free
Lifetime comprehensive warranty on entire sauna to the purchaser by Clearlight USA	Free
<b>Total</b>	<b>36,800</b>

### Further Information

13. We have included "Appendix A – Benefits of Clearlight Infrared Sauna" for your further information.



## Appendix A

### Benefits of Clearlight Infrared sauna

#### 1. Detoxification

You get a more cleansing sweat with an infrared sauna than the regular ones. Infrared wavelengths move toxins stored deep within cells and helps your body release them through your sweat. From studies made, infrared sauna helps to detox 7 times more toxins than conventional sauna, via a gentle and penetrating infrared heat of up to 45 minutes per session. That's why it's common for Heliospa customers to detox heavy metal dark stains on our bench and floor towels after a 45 minutes infrared sauna session. Clearlight sauna is used at Beth Israel Hospital for rehabilitation and healing.

In his book "Beyond Antibiotics", Dr. Michael Schmidt wrote that **"Infrared saunas are being used by some doctors to stimulate the release of toxins from the bodies of their patients. They have found that a lower temperature infrared sauna taken for a longer duration is most beneficial with regards to detoxification.** These low temperatures stimulate a fat sweat, which detoxifies the body by eliminating toxins stored in fat, as opposed to the high-temperature [traditional] sauna (over 180 °F/82 °C), which encourages a water sweat." Dr. Schmidt received his first Ph.D. in Molecular Medicine and Biochemistry from NASA Ames Research Center (USA) and his second Ph.D. in Neuroscience from Lancaster University (UK).

#### 2. Body fat loss & Metabolism

Taking an infrared sauna session gets your heart rate and cardio system going and increases the body metabolism. It is similar to if you jog for 30 minutes. Taking a 45-minute infrared sauna session could mean you can burn up to 600 calories whilst relaxing in the sauna. Infrared sauna therapy is also considered a healthy and gentle postpartum treatment for mothers to recover from child delivery. Regular sauna sessions will assist new mothers to regain their fitness and vitality by sweating and boosting body metabolism.

### 3. Boosts the immune system

Medical experts have found that direct exposure to the warming heat of a sauna can increase the white blood cells and heat shock proteins that keep our immune systems healthy. A report in Germany found that the cases of flu could be reduced by up to 30% with regular sauna sessions.

### 4. Cardiovascular health and improved circulation

Research carried out at University of British Columbia found that infrared sauna therapy can help keep blood pressure normal, lower cholesterol levels, reduce chronic pain, and treat issues such as congestive heart failure. Infrared sauna therapy is suitable for patients who have high blood pressure and undergone angioplasty and/or heart bypass.

Dr. Thomas H. Lee, a cardiologist at Harvard-affiliated Brigham and Women's Hospital wrote in the Harvard Heart Letter that "The cardiovascular effects of sauna have been well documented in the past. **It lowers blood pressure, and there is every reason to believe that its effects are good for blood vessels.**" Dr. Adolph Hutter, Professor of Medicine at Harvard Medical School in Boston and Clinical Cardiologist at Massachusetts General Hospital agrees that "The high temperatures in a warm tub or sauna cause your blood vessels to dilate, which lowers blood pressure."

### 5. Muscle recovery, arthritis and joint pain relief

Clearlight Infrared Sauna is a great solution for tired muscles and joints after exercise or a long day at work. The infrared warmth will help to ease joints pain, reduce inflammation and stiffness, allowing for a faster performance recovery. Infrared light also induces the creation of heat shock proteins in our muscle tissues. Clearlight infrared sauna also comes with red light therapy to increase the effectiveness of healing musculoskeletal pain and improving blood circulation.

### 6. Rejuvenates skin

Infrared saunas can help to reduce the signs of wrinkles and acne, as well as increase softness, elasticity and firmness to your skin. Infrared sauna is recommended for patients with eczema and other skin allergy.



## **7. Alleviates stress and anxiety**

Regular use of infrared saunas has been proven to help reduce stress, the soothing heat engages the body's autonomic system which heals and nourishes the body. The time taken in the sauna is also a good 'me time', to allow our mind to clear and truly relax. Most of our Heliospa customers have reported good sleep after a sauna session.