



*Karen Jauer knows and practices the health benefits of the saunas she sells at InFra-Red Saunas of Siouxland in Sioux City.*

# Living without Pain

Infrared sauna yields many health benefits

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**K**aren Jauer will be the first to tell you how beneficial a sauna can be.

“I had a lot of pain and some depression from the pain,” Jauer said. “There’s something called post-polio condition. I was told when the pain started that my condition would only get worse and at that time I couldn’t even lift a purse or ride in a truck. At the age of 50, I wasn’t ready for that.”

Jauer consulted with doctors and began seeing a massage therapist. It was the massage therapist who interested her in a sauna.

“I had used a conventional sauna there and he told me I needed to get a sauna in my own home to use,” Jauer said.

The help she received from using the conventional sauna was enough to convince her it would benefit her condition. However, when she looked into getting a sauna, she ultimately decided against a conventional sauna. She chose an infrared sauna. Infrared saunas do not use steam to heat a person’s body,

but far infrared light to heat the person directly — from the inside.

For Jauer, she knew it was the best. So, she not only bought one for her home, but she bought a dealership as well. She opened InFra-Red Saunas of Siouxland in the Southern Hills Mall in Sioux City.

“What the infrared sauna did for me was it removed the inflammation I had,” she said. “I started using the sauna and it relieved all that pain and stress I had.”

Saunas help remove inflammation through heat that opens up the blood vessels, which causes the blood to flow faster. For Jauer, it was such a great pain reliever that she wanted to share it with everyone.

“When I bought the sauna I knew it was something that was going to help me and so I knew it would help others, too,” she said. “It’s very good for stress relief, very good for allergies and very good with pain.”

Jauer also has a seasonal home at the Lakes with a sauna as well. She often

uses it for demonstrations.

“Infrared is a light source. It isn’t like a space heater. The heat that comes out of it is a light that penetrates into your body about an inch and a half,” Jauer said. “A conventional sauna heats the air around you.”

While it heats differently, the infrared sauna still causes a person to sweat like a regular sauna and expel toxins. This aids in disease prevention, Jauer said.

“After we get diseases, it’s too expensive and time consuming to get rid of them,” she said. “To have a sauna to prevent many of those things is the way to go.”

A new feature offered through InFra-Red Saunas of Siouxland is color therapy.

“Each color has a different quality, such as violet light for energy,” Jauer said. “The light comes down from a starlight ceiling in the sauna and is absorbed in the skin. It’s just so calming those lights. They really do look like stars.” □