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They're the new celeb obsession that promise to improve your health as well as your skin tone. **Helen Croydon** peels off for a trial

DOES the word sauna lead you to think of throwing a bucket of water over burning hot coals in a humid wooden hut? If so, we have news. Saunas have gone scientific and Jennifer Aniston is the latest celebrity to rave about a roasting in one. But this is not just any sauna – this is infrared, which uses electromagnetic waves to heat the body on a cellular level. This week Aniston told People magazine that she and new hubby Justin Theroux sit in one together as part of their regular beauty regime. But she's not the only star to benefit from the rays. Gwyneth Paltrow uses it for detoxification, Lady Gaga has posted pictures of herself in one and Miranda



See the light: Infrared saunas work differently to conventional, steam-based models

PIC: ALAMY

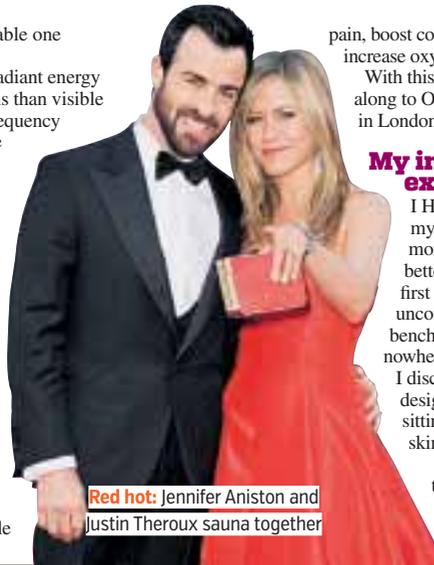
SAUNAS GO INFRARED

Kerr even keeps a portable one under her bed.

Infrared is invisible radiant energy with longer wavelengths than visible light. It has a similar frequency to that emitted from the sun but without the harmful UV radiation.

Unlike conventional saunas, which heat the body from the outside in, infrared uses frequencies that can penetrate 7cm beneath the skin's surface.

The benefits are seemingly endless. It's said to boost mood, reduce toxins such as mercury and heavy metals, increase circulation, reduce inflammation and muscle



Red hot: Jennifer Aniston and Justin Theroux sauna together

pain, boost collagen production and increase oxygenation of cells. With this in mind, I went along to Orassy Ultimate Health in London, to try it out...

My infrared experience

I HAVE to take all my clothes off. The more skin exposure the better, apparently. At first I lie down but this is uncomfortable because the bench is narrow and I have nowhere to place my arms. I discover afterwards it's designed this way because sitting upright maximises skin exposure.

It's a 40-minute treatment (£27.50) but no smartphones are allowed, so



Glowing: Gwyneth Paltrow takes in the rays

bring nice thoughts to keep you occupied. It's supposed to be a mental, as well as physical, detox. On the ceiling are colourful squares of light, part of a 'colour therapy' scheme for additional mood-enhancing properties. My little wooden hut



Top model: Miranda Kerr has an infrared under the bed

slowly reached 38C. This is the minimum temperature for an infrared treatment but it can reach 45C (I didn't want rosy cheeks for the afternoon). I've been told to wipe away sweat with a small towel to prevent any toxins going back into my skin.

It didn't feel as hot as a conventional sauna and I felt fully relaxed and didn't sweat much. Forty minutes flew by and I emerged sleepy but revived. My skin was glowing but not ruddy. I found myself drinking lots of water for the rest of the day and the aches in my hamstrings from a weekend of running had eased. I can see myself becoming a convert.

For infra-red sauna locations visit spatwell.co.uk or sfinder.co.uk

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