



THINGS ARE HEATING UP

Seeing as it's our home improvement issue and we do so love life's little indulgences, a personal sauna certainly places top five on our wish list. A new state-of-the-art model by Sunlight Saunas, available to the public Sept. 1, uses the same healing energy as the sun, as in infrared light. By means of Solocarbon technology, the free-standing, energy-efficient wooden saunas provide a healthy and therapeutic timeout. Yes, healthy. *The Journal of American College of Cardiology* reports that infrared sauna treatments significantly lower blood pressure, blood sugar and cholesterol, while increasing circulation and stimulating weight loss. According to the distributor, a 30-minute steam in a Sunlight Sauna burns approximately 280 calories. Apparently, you can diet while watching a flat-screen or listening to CDs — two available options for full-blown pampering. For more information on the new products, which run between \$3,500 and \$6,500, please visit www.sunlightsaunas.com.