

## SAUNA TREATMENT BENEFITS

**Pain Relief-** Heating tissues causes a vasodilatation of peripheral blood vessels which is beneficial in reducing muscle spasms, joint stiffness and achiness often associated with fibromyalgia, osteoarthritis and rheumatoid arthritis. Infrared treatments can help reduce healing time of these ailments as well as with sprains and strains.

**Detoxification-** The skin plays a vital role on the elimination of toxins in the body where fat cells are stored. Detoxification is known to help rid the body of potential carcinogenic heavy metals as well as nicotine, sodium, alcohol and cholesterol.

**Weight Loss-** Infrared treatments can help rid the body of cellulite by increasing blood flow and inducing sweating. Cellulite is made up of fat cells, water and toxic wastes.

**Cardiovascular Health-** Infrared treatments cause vasodilatation of peripheral blood vessels which in turn increases heart rate, cardiac output and metabolic rate. Some research also suggests that regular infrared heat treatments are beneficial in reducing blood pressure.

**Stress Relief-** Stress melts away as you relax in your own little sanctuary of space and place. The increased circulation of the treatment triggers the release of endorphins, loosens tight muscles and gets the body an opportunity to release from the inside out.

**Beautification of Skin-** Increase blood circulation to the skins from an infrared treatment brings fresh nutrients to the surface providing a vibrant look and feel. The sweating also assists with removal of toxins that have accumulated in the pores. Unlike regular saunas there is a feeling of freshness rather than stickiness upon completion of a treatment.



**\$20 Treatment Cost- Up to 25 minutes**