

Benefits of

OUR INFRARED SAUNA



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WEIGHT LOSS & INCREASED METABOLISM

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MUSCLE PAIN RELIEF

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BETTER SLEEP

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EASE JOINT PAIN AND STIFFNESS

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STRESS AND FATIGUE REDUCTION

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IMPROVED CIRCULATION & HEART HEALTH

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IMPROVES SKIN

INFRARED SAUNA

Learn the benefits behind your plunge!



WEIGHT LOSS & INCREASED METABOLISM

Regular use of a sauna imparts a similar boost on the cardiovascular system as running. As you relax in the gentle infrared heat, your body is hard at work producing sweat, pumping blood, and burning calories.



TEMPORARY MUSCLE PAIN RELIEF

Promotes the temporary increase in blood flow to muscles and may offer temporary relief of arthritic pain.

Far Infrared heat may help relieve muscle tension by increasing the thermal energy in your muscles.



BETTER SLEEP

You can hack your body's thermoregulation process by warming your body in an infrared sauna then allowing it to cool down after. This quick cool-down speeds up the process for your brain to fall asleep. The end result is a cool body that's primed for sleep.



DETOX

Sweating is one of the body's safest and most natural ways to heal and maintain good health. Researchers have long told us how the body sweats out toxin build-up, including heavy metals. As long as you maintain proper hydration, the more you safely sweat, the more toxicants you'll expel from your skin and body.



EASE JOINT PAIN AND STIFFNESS

Infrared heat may temporarily ease joint pain and stiffness. Increased thermal energy to the joints may promote a temporary increase in blood flow. Increased thermal energy may reduce stiffness and increase range of motion.



STRESS AND FATIGUE REDUCTION

Studies have shown that infrared sauna sessions can induce significant reductions in stress and anxiety after just a single experience. This is likely due to the way infrared saunas warm and relax your muscles, dilating your blood vessels and boosting blood flow to the skin and muscle tissue.

INFRARED SAUNA

Learn the benefits behind your plunge!
pt. 2



IMPROVES SKIN

The profuse sweating achieved after just a few minutes in our Sauna will allow impurities in the pores to come out. The temporary increase in local blood circulation may help reduce the risk of certain chronic skin conditions.



HEART HEALTH & INCREASED CIRCULATION

Infrared saunas can improve circulation by increasing body temperature, which dilates blood vessels and increases blood flow.

PRICING

SAUNA (1 PERSON)

30 Minute Block **\$25**

1 HOUR **\$40**

Contrast Therapy (60 Mins) **\$60**

**Wellness Room
Unlimited Membership
(Monthly)** **\$150**

ALL BOOKING DONE ONLINE