



INFRARED SAUNA

Lay back and relax on beautiful Nordic Spruce wood in our infrared sauna, where you can burn up to 600 calories and lose a pound of sweat in only 30 minutes. This increasingly popular weight loss and detox room involves the emission of non-visible infrared light, which is the same as the good (non-ultraviolet) wavelengths we receive from sunlight. Infrared light penetrates up to 1.5" deep into body tissue, causing the body to heat up from the inside out, opening sweat glands, releasing toxins, activating cells and metabolism.

Health Benefits

Weight loss

Study Participants Lost 4% Body Fat

Detoxification • Immune System
Circulation • Muscle & Joint Pain

Pricing

Introductory Special - \$20.00

1 Session - \$45.00

Packages - Good for Infrared Sauna AND Sub Therapy!

5 Sessions - \$174.00

10 Sessions - \$309.00

SALT : : : : :
SAUNAS

Accommodates up to 4 guests in a private session - Call now to book 797-2381 Ext.3



Elements Special!

Salt + Sauna + Steam
for ONLY \$33
Limited Time Only

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