





## What is Infrared Sauna?



The Far Infrared sauna is different than your conventional sauna in that it uses infrared energy to generate heat instead of high heat and humidity. Since only about 20% of the energy produced by an infrared sauna goes into heating the air, deep tissue heating and sweating is accomplished at far lower temperatures, making the infrared sauna much more comfortable than a traditional sauna.



The Far-infrared light waves used in the sauna are part of the sun's natural invisible light spectrum. Infrared waves can't be seen, however, they are responsible for the feeling of warmth we experience when we are exposed to sunlight. Infrared should NOT be confused with potentially harmful UV rays, which can cause sun burns and have been linked to skin cancer. In fact, Infrared allows you to enjoy the warmth of the sun without the harmful affects of the sun's UV rays.




## Sauna Services



### Discover Infrared Saunas

*The perfect way to relax, rejuvenate, and detoxify.*



58-306 Kaunala Place  
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# Benefits of Using the Infrared Sauna

## HEALTH BENEFITS

- ✧ Relieves pain.
- ✧ Removes toxins and heavy metals.
- ✧ Reduces stress and increases relaxation.
- ✧ Increases circulation.
- ✧ Increases metabolism.
- ✧ Improves immunity.

## Heat Therapy

The Far Infrared sauna's infrared energy penetrates deep into muscle tissue relieving

muscle aches, pains, stiffness, and spasms. It is believed to speed the healing of sprains and strains, thereby relieving pain and reducing the time it takes the body to recover from an injury.



## Pain Management

Infrared heat therapy is also recommended by many therapists and physicians to treat chronic pain, including joint pain, arthritis pain, and fibromyalgia.

## Detoxification

The process of toxin elimination through the skin is greatly enhanced by perspiration. Infrared saunas heat the body directly and sweating begins quickly eliminating undesirable chemicals and compounds and increasing metabolism which allows body cells to eliminate toxins more readily. Heavy metals, such as mercury in children with autism, may be reduced. *Please ask us about special rates for autistic children.*

## Relaxation and Stress Relief

An infrared sauna session gives you time to relax and rejuvenate.

## Skin Health / Beauty

The infrared sauna frees our skin of the toxins that accumulate as a result of the use of chemical-laden soaps, conditioners, make-up, etc., and increases blood circulation to the skin bringing more nutrients to the surface thus promoting healthy skin tone and texture.

## Improves Immunity

Many viruses are thought to have a poor tolerance to heat. Proponents believe that by elevating the body's temperature, it will help the body fight various diseases.

## *More Sauna Research*

There is scientific data available that supports the health benefits of sauna heat therapy for a variety of ailments and for preventative treatment. We encourage you to research these claims for yourself. Please check with your physician prior to using an Infrared Sauna.

## SAUNA PACKAGES

**SINGLE SESSION**  
45 MINUTED \$35

**5 SESSIONS**

5 45-MINUTE SESSIONS \$162.50

**10 SESSIONS**

10 45-MINUTE SESSIONS \$300

Visa and Mastercard Accepted.

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