

# Sauna Treatments

Sauna Treatments have several benefits:

Improved circulation

Can lower blood pressure

Relieves Stress

Reduced Joint Stiffness And Muscle Soreness

Stronger Immune System

Better Mood

Can stimulate and promote faster hair growth

Can boost your metabolic rate by 20%

Improved sleep

**\*\* Sauna treatments can be done 2-7 times a week\*\***

**\*\* Be sure to drink plenty of water\*\***