

INFRARED SAUNA MENU

PROGRAMS \$1.00 PER MINUTE
APPOINTMENT REQUIRED

ANTI-AGING 30MIN

NEAR INFRARED IMPROVES OVERALL SKIN TONE,
ELASTICITY & FIRMNESS,
PROMOTING ANTI-AGING BENEFITS

RELAXATION 40MIN

FAR, MID AND NEAR INFRARED COMBINATION
INDUCES DEEP RELAXATION, RELIEVES
MUSCLE TENSION & PROMOTES OVERALL
STRESS REDUCTION

PAIN RELIEF 30MIN

FAR AND MID BLEND PROVIDES NATURAL
PAIN RELIEF, REDUCING INFLAMMATION &
SWELLING. NEAR PENETRATES THE TISSUE,
PROMOTING CELLULAR REPAIR.

DETOXIFICATION 37MIN

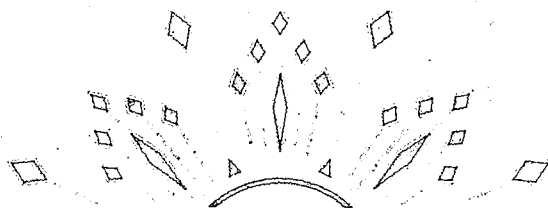
BEGINS WITH HIGH INTENSITY TO INCREASE THE
BODY'S CORE TEMPERATURE, THEN REDUCES
TO LOWER INTENSITY LEVEL MID & FAR INFRARED
COMBINATION TO IMPROVE
VASCULAR ACCESS FLOW TO REACH
TOXICANTS AT THE CELLULAR LEVEL

WEIGHT LOSS 30MIN

STARTS AT HIGH INTENSITY TO STIMULATE THE
CARDIOVASCULAR SYSTEM,
THEN REDUCES TO MEDIUM LEVEL.
AS THE BODY WORKS TO COOL ITSELF,
HEART RATE INCREASES CARDIAC OUTPUT
& METABOLIC RATE

CARDIO 45MIN

STARTS AT HIGH INTENSITY TO INCREASE
HEART RATE AND CARDIAC OUTPUT, THEN
LOWERS TO SUSTAIN HEART RATE
LEVEL. CIRCULATION INCREASES TO PROMOTE
HEALTHY BLOOD PRESSURE



INFRARED SAUNA

Packages & Memberships

Maximize your wellness journey
& save with our
sauna memberships & packages!

ONE MONTH MEMBERSHIP

\$65

(\$16.65 each, limit 4 per month)

ONE MONTH UNLIMITED MEMBERSHIP

\$265

5 SESSION PACKAGE

\$125 (\$25 each)

8 SESSION PACKAGE

\$180 (\$22.50 each)

12 SESSION PACKAGE

\$240 (\$20 each)

(session packages expire one year
from date of purchase)