

# Dry Salt Therapy + Infrared Sauna

## What is Dry Salt Therapy?

**Dry Salt Therapy** involves breathing in air infused with tiny, pharmaceutical-grade salt particles. Its considered a natural treatment for respiratory and skin conditions.

## What is the Infrared Sauna?

**The Infrared Saunas** is a therapy that uses invisible light wave that heats the body which in turn soothes muscles, increases blood flow, and promotes relaxation.



## Benefits

Improves  
Respiratory Wellness

Increases Immune  
System

Helps Relieve Skin  
Conditions

Promotes  
Detoxification

Relieves Muscle  
Tension & Stress

Increases Circulation