



Relax

A 15-minute sauna session is as effective as rowing or jogging for 30 minutes.

Each room is set up with a flat screen TV in a relaxing tranquil setting.

Double occupancy sessions are available. Feel free to bring your friend or spouse.

**Please double your intake of water for the next 24 hours.

20 Mins\$30*/\$45

50 Mins.....\$60*/\$85

Infused Sauna Wrap

20 Mins\$40*/ \$60

50 Mins.....\$75*/\$90

*=Membership Prices

Massage Therapy also available



Sweat it Out

Sweat pours from foreheads, hearts race, and blood courses. Though exercising commonly causes these effects, they are also caused by the detoxifying body wraps offered at CC's

HealthSpa. This boutique employs technicians that foster the toxin-purging process by shining infrared light over fully clothed clients in specialized wraps. Light energy is then able to reach the thermal layer of the skin, where it disrupts fat cells.



CC's Health Spa
East Ave. Centerville
Access Driveway on Right Side of
Bonaventure Medical Lab

Appointments Required

CCHealthSpa.com

CC's Infrared Sauna Wraps



Burn 1,400
Calories in 50
minutes



Experience the slimming results & additional health treatment in a calming center at CC's Health Spa.



Dr. Oz Recommended

The infrared sauna is slightly different from a normal sauna. "It makes the same rays that come from the sun and filters out the UV radiation, so it only gives you the infrared radiation. That radiation that's infrared goes a little bit into your skin so, without heating you up and the external environment too much, it heats up the body."

Claimed to stimulate the body to release fat-soluble toxins, heavy metals, and other toxin chemicals in sweat via pores more effectively than any other form of heat therapy or exercise.

Increase endorphins; tone your skin, and potentially help you burn up to 1,400 calories, with a 50-minute session in a tranquil environment.

Along with shrinking waistlines, each 50-minute session aims to relieve aches and pains caused by arthritis, fibromyalgia, stress, and attempting to play water polo with a bowling ball.

Benefits of Infrared Sauna Wraps

Skin Cleansing & Rejuvenation:

Opens clogged pores allowing for removal of dirt, oil, and makeup. Improves skin problems, such as acne, rashes, burns, eczema, and psoriasis. Scars even keloids, may be gradually softened.

Musculoskeletal:

Claims to see improvements in :

- Arthritis
- Shoulder Pain
- Muscle Tension/Post Exercise Muscle Pain
- Low Back Pain
- Muscle Spasm

Cancer Therapy:

Some supporters of sauna therapy state "hyperthermia is a well-researched therapy for

cancer." They state that high temperatures can "select" for abnormal cells and that tumors are unable to handle high heat.

Cellulite:

Claims to be effective in cellulite removal when used in conjunction with diet and exercise.

Weight Control:

Sending more blood to the capillaries and converting fats results in as much as 600 calories during one session. Some proponents claim that a 15 minute sauna session is as effective as jogging for 30 minutes.

Additional Benefits include:

Cardiovascular Conditioning, Immune System Enhancement, Pain Relief & Control, & Stress Relief.