

# A New Day Beginning



## Infrared Sauna

Sweat your way to good health!

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*“Give me a fever and I will cure any disease.” Hippocrates*



1. Detox heavy metals and fat stored toxins
2. Pain relief
3. Cardiovascular conditioning
4. Increases circulation
5. Boosts the immune system
6. Burns up to 600 calories/session
7. Stress reduction and mood elevation
8. Beautifies the skin and diminishes cellulite
9. 2-3 times more effective than traditional saunas

Tips before sauna usage:

- do not eat for an hour before
- drink plenty of water before and after
- avoid using creams and oils on the skin prior to your session as they can block pores and hinder perspiration

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