

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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