

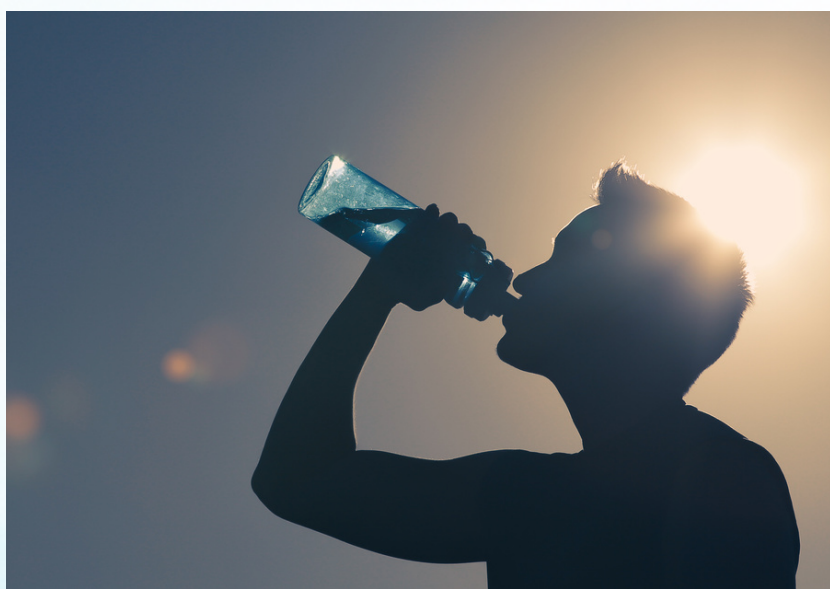
Hello Hydration

Hydrate your body

The simple act of drinking water throughout the day, does a plethora of beneficial things for your body and internal organs.

On average it is recommended that you should drink about 12-16 cups of water per day, and doing so will help with the following things:

- regulate body temperature
- keeps joints lubricated
- prevent infections
- improves kidney function and decrease risk of kidney stones
- improves the digestive system
- improves sleep quality and mental cognition
- aids in weightloss and kickstarts the metabolism



Our body transports most nutrients through the blood. Our blood is composed of 82% water, our muscles are composed of 75% water, our brain 76% water, our lungs 90% water, and our bones contain 25% water. Therefore, it is important to remain hydrated so that our bodies can receive the nutrients it requires and can perform at its best. We should drink plenty of water especially in dry climates, heat, infrared sauna sessions, or with strenuous work or exercise.

If you get to a point where you feel thirsty, that means your body is experiencing some level of dehydration. At this point the body and all of its essential functions are no longer operating at peak performance.



Hydration Station



If plain water is not your favorite, there are many different ways to spruce up your water with fruits and herbs. Some of our favorite recipes available for you at the front desk!

Stay hydrated with a Get Salty & Lit Water bottle or cup



Treatment Recommendation:

Drink water prior to coming in for your session, and bring a large water bottle in with you to keep hydrated during your treatment. It is just as important to drink water after your session as well so you can re-hydrate your body. Keep in mind that if you feel thirsty after your session, you did not drink enough water before and during your visit.

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