

# Don't Take the Summer "Off"!

*Summer - too hot for Infrared Sauna Therapy???*

Understandable thought . . .  
But, the benefits might be worth it!

We often have people tell us that they are taking the summer off because it's too hot outside to come into an infrared sauna. We understand how you might think that, but there are still many amazing benefits to coming in the summer

## *1 Session a Week to Maintain*

We know how busy summer can be, but even coming in once a week can benefit your body. If you take the summer "off" you will lose some of those benefits that you have worked so hard to gain in the fall/winter months.

This may result in the need to restart treatment in the fall with a few sessions a week to refind the lost benefits instead of once-a-week maintenance sessions.

**Why not feel good all summer and go into fall/winter with great immune health?!?**

## WISCONSIN SUMMERS for many of us this means . . .

- MORE ACTIVITIES
- MORE PARTIES
- MORE SUN EXPOSURE
- MORE FESTIVALS
- LESS SLEEP
- LESS NUTRITIOUS FOODS
- LESS DOWNTIME
- LESS SELF CARE

This also means that many of us can benefit greatly from . . .

## Summer Infrared Sauna Therapy

Benefits include, but are not limited to:

- Relieves sore muscles faster than ice and pain medications
- Immune health - promotes production of white blood cells, improves blood circulation
- Downtime - get more energy - let your body heal and mind to relax and relieve stress
- Skin health/care - cleans out dirt/toxins from pores through sweating, leading to clearer skin. Toxins can clog our pores and make it harder for our bodies to sweat.
- Burn up to 500 calories in 1 treatment
- Detox the body of chemicals, heavy metals & other impurities
- Can give the feeling of being at the beach without the harmful UV rays of the sun.

You will notice more of the amazing benefits if you come in for maintenance and not only when symptoms arise. A visit once a week is recommended for maintenance.

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