

## Helpful Tips

### REUSABLE WATER BOTTLES

Make a great investment in a reusable water bottle if you don't already have one! They help keep your drinks cold and it helps the environment!



\$20 +tax

\$30 +tax

Help others have a peaceful and enjoyable treatment by keeping your voice down in treatment rooms and the common space.



Silencing your phone also helps prevent disruptions!

### MAKE TIME FOR MEMBERSHIPS



Get visits scheduled ahead of time throughout the **WHOLE** month to make sure you get use of the membership. Time flies!!

Don't see a time you would like when scheduling online?

**Call us!**

We might be able to get you in on our end.



### HELP GET SALTY & LIT BY USING DOOR HANDLES

We clean and disinfect every sauna booth after each appointment. In order for us to do this efficiently and keep appointments on time, please use the handle when opening and closing the glass door and refrain from leaning your body against the glass.



### THINGS TO DO DURING YOUR TREATMENT



Read a book - library books are not recommended because there is a good chance of sweat dripping on the pages



Word Search, Sudoku or Crossword Puzzle



Relax, Meditate

### LET OTHERS KNOW ABOUT US!

Help others find the natural health that GSL offers by sharing our Facebook posts and/or writing a review.

You can write one from your account online!

Go to My Schedule, then Past Schedule, find the appointment for the treatment that you want to review. Click Write Review from the right column. When you are done writing it, click Submit.



Referring a friend gets you 10 GSL Reward Points. All they need to do is take a treatment and let us know that you sent them!