

# Sweat the Stress Away

## Infrared for Stress & Anxiety

Infrared light therapy has many benefits for your mental health and over-all brain function. The clear infrared light waves produce and increase reception of our body's natural anti-depressant hormones: dopamine, serotonin, and norepinephrine. This treatment will also lower cortisol levels in the body, which cause tension and stress.



## Halotherapy for Stress & Anxiety

Did you know that 1 in 5 people are affected by stress and anxiety? Salt rooms are very popular for people who suffer from anxiety and depression. When you relax and breathe the salty air it brings negative ions to the body. The negative ions have a positive effect on body and brain chemistry. Halotherapy also produces higher blood oxygen levels which help improve mood, mental performance, sleep, and lower levels of overall stress. Salt therapy helps get rid of unwanted blood cells, it also increases brain function and cardiac productivity. This keeps your blood flowing and properly filtered. 45 minutes of Halotherapy is equal to up to 3 days of salty air at the beach.



## Mindful Breathing

Mindful meditation or mindful breathing is also an excellent way to bring relaxation to your day and improve your treatment experience. The abdominal breathing technique is a great exercise to focus on during halotherapy and infrared sauna sessions.



- Place one hand on your chest and one hand on your stomach
- Take a deep breath in through your nose, allowing your diaphragm to expand with air (not your chest) until you experience a stretching sensation in your lungs.
- Slowly exhale (like you are blowing out a candle)

This exercise will not only force the salty air up into your sinuses, and deep into your lungs (breaking down any mucus present), but it will also assist in lowering your heart rate and blood pressure which ultimately relieves stress and anxiety.

## Treatment Recommendation for Stress Relief

We recommend 1-3 sessions throughout the week accompanied by our recommended breathing technique so that you keep your immune system protected, airways open, and your mind relaxed and clear!

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