

WARM UP + DETOXIFY

WITH A 30 MINUTE SESSION, IN OUR NEW

FAR INFRARED SAUNA



- EFFORTLESSLY DETOXIFIES AND REMOVES STORED TOXINS FROM YOUR BODY
- INCREASES FLEXIBILITY
- ASSISTS IN WEIGHT LOSS AND CONTROL
- IMPROVES HEART HEALTH
- NATURAL PAIN RELIEF
- NATURAL BODY HEALING
- RELAXATION AND STRESS RELIEF
- IMPROVES YOUR IMMUNE SYSTEM
- IMPROVES SKIN CONDITION AND HELPS TREAT CELLULITE
- BOOSTS MOODS AND HELPS FIGHT SEASONAL DEPRESSION

30 minute sessions: \$18 per person or \$25 for 2 people.
Book your appointment by calling us at 403.210.3000.

SAUNA HOURS:

Monday thru Friday: 8:00am - 2:00pm / 4:30pm - 8:00pm

Saturday: 8:30am - 1:00pm