

Benefits of Infrared Sauna

Boosted Immune System

Get a jump on cold and flu season by taking a sauna, which increases white blood cells, lymphocytes and neutrophils.

Pain Relief

Saunas are extremely beneficial for muscle and joint pain.

Lowered Inflammation

Keep your mind sharp and inflammation low with regular sauna use.

Mood Improvement

According to studies, sauna users report enhanced well being and less depression.

Relaxation

Help your body maintain healthy cortisol levels, relax and de-stress by taking an infrared sauna.