



Sauna Pricing

\$1.00 per minute, 20 minutes minimum

Second person, ½ off

Sauna pricing is based on

CASH, CHECK, OR VENMO.

No Credit Cards, Debit Cards, or HSCs will be accepted for the sauna.

A check can be made out to

AO Wellness Center.

1. Improved Skin Tone

Infrared sauna therapy dilates the blood vessels, effectively increasing circulation throughout the body. This increased circulation not only helps remove waste products but also helps deliver more oxygen and nutrients to the skin. Since our skin depends on these nutrients to form collagen (which keeps our skin firm), infrared sauna therapy can greatly improve skin tone and reduce wrinkles.

2. Flushes Out Toxins

3. Weight Loss

4. Improves Cardiovascular Function

5. Pain Relief

6. Wound Healing

7. Boosts Circulation

8. Fights Chronic Fatigue

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venmo

Is Infrared Sauna Therapy Safe?

Some may question the safety of infrared sauna therapy due to infrared light's ability to penetrate beneath the skin layer. While no serious adverse side effects have been reported in the use of the therapy, it is not recommended for young children and elderly adults who are prone to heat exhaustion and dehydration, nor is it recommended for those taking medications that impair their ability to sweat.

Of course, be sure to talk to your doctor about any health conditions you may have before trying out infrared sauna therapy.