



Behind The Benefits

Pulled every single day from the air, water, and environment, nobody is free from toxins.

Even if you do all of the right things: Exercise regularly, eat organic, drink plenty of water, reduce stress, get quality sleep- keeping our bodies clean is a struggle.

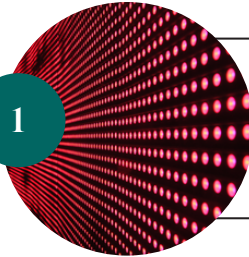
Our Detoxing Cocoon Pod **increases circulation and raises your core body temperature** to help you start taking advantage of your body's most natural detoxing process: Sweat.

It also includes a facial fan to make your experience manageable and pleasant, along with a vibrating massage, heated stones, Himalayan salt stone, and the option for aromatherapy.



Appointment Hours
9.45 AM - 04.30 PM

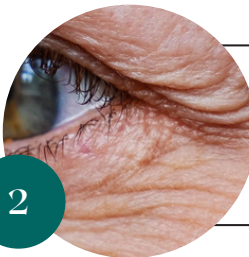
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Red and Infrared Light Combination

Infrared light is perfectly healthy and safe and can even be used on newborn babies. By **boosting ATP**, the energy carrying molecule that fuels our cells, Infrared Therapy can assist in detoxification, **sports recovery, wound healing, weight loss, cardiovascular health, skin purification, cellulite reduction, sleep regulation, and stress management.**

2



Rewinding the Clock

Infrared **stimulates collagen and elastin production**, decreases redness and inflammation, and improves circulation. Boosted circulation also means more **nutrients and oxygen are delivered to your tissues**, making your tightened skin appear radiant and getting you that all-over glow.

3



Detoxification

Whereas typical sauna sweat is 93% water, and 7% salt and toxins, here, you'll **sweat 85% water, and 15% heavy metals and toxins.** FAR infrared light sessions give you a more pure detox- by raising your core temperature, we heat you from the inside out. This results in a **deep, detoxifying sweat at a cellular level**, where your toxins reside.

4



Burn Crossfit Calories

As your body works to cool itself, experience an increase in heart rate, cardiac output, and metabolic rate, causing your body to burn more calories. According to studies, this can be up to **600 calories in a single session.**

5



Pain Free is Freedom

Infrared heat **penetrates tissue, joints, and muscles** to relieve anything from minor aches and soreness, to chronic pain. So whether you have an arthritis flair, knee pain, or need post workout muscle support, we've got you covered.