

# How does infrared sauna affect my body?



## Promotes sweating

- ◆ Detoxifies your body
- ◆ Sweats out fats
- ◆ Leaves healthy glowing skin
- ◆ Reduces cellulite

## Improves your heart&circulation

- ◆ Burns calories&circulation
- ◆ Strengthens your immune system
- ◆ Strengthens your cardiovascular system
- ◆ Improve fitness
- ◆ Reduce the Chance of heart disease
- ◆ Promotes cell renewal
- ◆ Stabilises blood pressure

## Deeply heats your body

- ◆ Relieves pains
- ◆ Improves mobility
- ◆ Excellent for flexibility and sport warm ups

## Calms&energises

- ◆ Relieves stress
- ◆ Soothes&energises your spirit