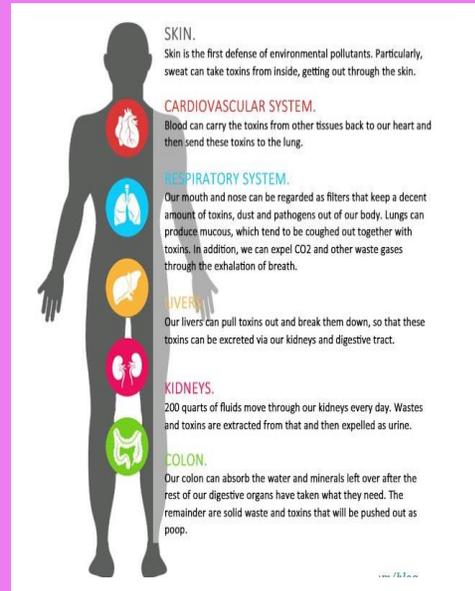


Enjoy Our Steam Sauna Bath



Experience PEMF Detoxification



Benefits of a Steam Sauna

Steam Saunas: *The cycle of perspiring, resting, and cooling decreases muscle pain, stimulates your circulation, and can even reduce nervous tension. Benefits include:*

- **Pain relief** – Steam showers or steam baths after working out can reduce production of lactic acid which can eliminate sore muscles and increasing flexibility.
- **Steam therapy helps eliminate congestion and inflammation in the lungs** bringing relief to asthma, bronchitis, and allergies. Moderate time spent in a steam sauna (10 - 20 minutes) can increase your body's immunity to illness. Several doctors even recommend steam treatments to help conditions like sinus problems, laryngitis and bronchitis.
- **Rejuvenates skin** – steam deeply cleanses pores leaving younger looking and more radiant skin.
- **Relaxing** – Steam baths provide relaxation with units containing whirlpool tubs and back massagers. Time spent in a steam sauna relaxes you. The steam also helps release tension in the body. This relaxation can improve sleep.
- **Steam also helps detoxify the body.** Saunas help increase sweating, which opens-up the pores of the skin. This aids in removal of toxins and impurities that maybe in the blood.
- **Steam bathing can reduce the appearance of cellulite.**
- **Steam baths reduce stress.** Saunas can help improve complexion, they can detoxify, and they can add to your sense of well-being.
- **Steam sauna treatments are affordable.**

Benefits of PEMF Detoxification

PEMF therapy increases the motion of ions and electrolytes within our organs by stimulating the cells ability to remove waste from within itself. Thus, PEMF enhances the self-cleansing system of our body. This movement can stimulate these mechanisms to re-balance and repair themselves whenever necessary. Why is this so important? A strong immune system is the only protection we have against microscopic invaders. Restoring internal balance periodically by rejuvenating your 100 trillion cells helps to prevent health problems from developing. PEMF "bio-energy therapy" is a practical natural solution to maintaining one' health and staying disease free.

Cleansing Respiratory Therapy



Clients breathe in a fine mist mixture of mineral rich “living water” and organic antiseptic capable of killing viruses while loosening mucus and phlegm lining sinus cavities, your throat, and upper respiratory organs. Periodic respiratory treatments can help reduce and prevent respiratory infections. RT controls mucus buildup and aides in strengthening your immune system against microscopic invaders; i.e... (germs, bacteria, viruses).

Steam Sauna - 15 minutes \$40

Cleansing Respiratory Treatment – 12 minutes \$30

PEMF (chair) 20 minutes (one/or both) \$30 (photon) - \$45

30 minutes (chair - pelvic chakra area) - \$50

45* minutes (Mid-Section Half Mat - \$90)

SCR Combo:* 90 minutes \$150 (Full Mat: \$250)

Health Depot

(Center for Optimum Health & Wellness)

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www.PEMF-EnergyMedicine.com

Body Tune-Up



Rejuvenate, Rebalance, Restore

Energy Healing

