

Discover the benefits for:

- Pain Management
- Weight Loss
- Relaxation & Stress Relief
- Detoxification
- Skin Purification
- Arthritis & Fibromyalgia
- Lowering Cholesterol & Blood Pressure
- Lowering Blood Sugar
- Reducing Chronic Fatigue syndrome
- Reducing Swelling From Cuts & Bruises
- Improving Joint Mobility
- Increased Immune System
- Improved Cardiovascular Health
- Cellulite Reduction
- Seasonal Affective Disorder

All sessions are 45 minutes of private access to the sauna & shower room.

Single Session	\$35
Additional person (s).....	\$15
Singles Session Add-on to Massage.....	\$20
Package of 8	\$199
Package of 20.....	\$399
Package of 32.....	\$479

No Expiration on Sessions

Monthly-Unlimited	\$79
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Requires 6-Month AutoPay Agreement

Please see our Infrared Agreement & Waiver for additional information on use.

Sauna Contraindications

If any of the following items listed below apply to you, use of the infrared sauna is not recommended. Be certain to consult with your physician before using our infrared sauna:

- Fever
- Pregnancy
- Cardiovascular Conditions
- Joint Injury (acute)
- Implants, metal pins, rods, artificial joints or any other surgical implants
- Alcohol Intoxication
- Pacemaker and/or defibrillator
- Certain medications
- Chronic Conditions that are associated with impaired sweating: Multiple Sclerosis, Central Nervous System tumors and diabetes with neuropathy
- Hemophiliacs and/or individuals prone to bleeding
- Children
- The elderly

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Infrared Sauna



A Yoga Studio &
Day Spa Committed To
Providing Services That
Are ...

all about you!

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FAR-INFRARED SAUNA TREATMENT

Infrared sauna treatments have been known for years to produce both immediate and long lasting health benefits. Medical professionals, as well as alternative practitioners, suggest treatments to treat a multitude of health-related issues.

Infrared increases the body's core temperature, thus resulting in a much deeper, more detoxifying sweat from the cellular level of the skin where many toxins are housed.

In comparison to wet-heat saunas, infrared heat waves reach the body more efficiently due to the fact that infrared heat energy is warming the body directly (and not the air, walls and fixtures within the sauna) a lower temperature can be used to achieve the desired results. With this system, breathing is more comfortable and the sauna atmosphere is more enjoyable than in conventional saunas.

The temperature of the sauna is adjustable at your convenience.

Heat from the sauna opens the blood vessels (vasodilatation), allowing oxygen to penetrate deep into the muscle tissues and the body's core.

The absence of steam allows for extreme perspiration without blocking the pores. The skin is the largest organ in our body, and also the most accessible to environmental toxins. The sauna is therefore one of the most effective ways to detoxify and simultaneously speed up metabolism.

Light Therapy System

Integrated color light therapy system. Select from Green, Red, Blue, Yellow, Turquoise or Purple for their specific benefits. Or choose to let the colors cycle for a complete range of benefits.

How to Prepare

Wear something comfortable and loose fitting, for example a bathing suit. We provide towels during your sauna session. It is important to stay hydrated during and after infrared sauna sessions so please bring water. There is also a built in CD player/FM Radio with remote for your use, we will have a selection of relaxing CDs or feel free to bring your own.

Do you provide a shower?

Yes we do, however it is recommended you not shower immediately after your session as you continue to sweat out toxins for up to an hour after your session.

Is it true I am still burning calories up to an hour after my session?

Yes. By increasing your basal metabolic rate, your sauna session has lasting energy expenditure even after your session is over.

What if I don't usually sweat a lot?

People sweat at all different levels so don't worry. For most it takes a couple of sessions to open up your pores and begin the detoxifying process. Also, the more water you drink before and after your session the more you will sweat.

Will I lose water weight?

Yes, but this will be regained upon rehydration. However the calories burned are real. As you relax in the gentle heat of our sauna, your body is actually hard at work pumping blood (increased heart rate), increasing circulation and producing sweat to cool you down – hence the calorie burn! According to a Journal of the American Medical Association report, in a single sauna session you may burn as many calories as you would by running for 60 minutes. So you lose weight - not just water!

Should I eat or drink before I arrive?

We recommend not eating at least 60 minutes before your sauna session starts and would encourage you to rehydrate both before and after your session.

Is there room for more than 1 person?

Yes, our sauna fits up to 4 people.

How long will it take for my core body temperature to cool down?

It could take as long as 1 hour. This is a normal part of your body returning to your regular body temperature.

Is it sanitary?

Yes. We provide clean towels and sanitize after every use. Also, infrared light kills all bacteria and any airborne germs.

Will the sauna burn my skin?

No. Unlike sunbathing, infrared heat therapy is completely healthy and safe. You can relax in a far infrared sauna and it will never cause your skin to burn.