

Far Infrared saunas provide a much more mild and comfortable environment than a traditional steam sauna. Infrared rays heat the body directly and the air secondarily. (A traditional sauna heats the air.)

YOU MIGHT ENJOY THESE BENEFITS OF INFRARED SAUNA:

DETOXIFICATION

Detox from an infrared sauna is reported to be 7 to 10 times greater than conventional saunas because it operates more effectively at temperatures 60 to 80 degrees lower than conventional saunas. In an Infrared sauna, the average person sweats out 20% toxins and 80% water! In conventional saunas the average person sweats out 3% toxins and 97% water.

RELAXATION

Scientific evidence shows that far infrared therapy helps the body maintain healthy levels of cortisol, the “stress hormone.”

WEIGHT LOSS

“Saunas are an important aid to weight loss and thyroid repair because as you lose weight, fat tissue releases stored toxins such as PCBs and pesticides,” says Dr. Mark Hyman, author of NY Times best-selling book “Ultrametabolism.” Studies have shown a 30-minute far infrared sauna session can burn up to 200-600 calories.

PAIN RELIEF

New clinical research on pain offers evidence to establish a new class of “heat responsive pain” or HRP, which encompasses several common pain conditions that can be treated with the use of heat therapy. Research shows relief of chronic aches and pains including back pain, muscle soreness, stiffness, menstrual pain, headache, cramps, symptoms of rheumatoid arthritis, fibromyalgia, chronic fatigue syndrome and others.

LOWER BLOOD PRESSURE

Repeated far infrared sauna treatment improves impaired blood vessel functions in patients with high blood pressure, diabetes and high cholesterol.

IMPROVED BLOOD CIRCULATION

Heating of muscles with far infrared produces an increased blood flow level similar to that seen during exercise. Body temperature elevation also produces an increase in blood flow.

SKIN PURIFICATION

Evidence shows that infrared sauna treatment can help reduce/improve inflammation, acne, eczema, psoriasis, burns and other skin conditions. Users report firmer skin tone and improved elasticity. Can also help reduce wrinkles and make skin look radiant. May help reduce cellulite trapped beneath the skin.

OVERALL WELL-BEING - IT JUST FEELS SOOOOO GOOD!

Our Far Infrared Sauna is a wonderful way to nurture yourself, unwind and take good care of yourself. It's so enjoyable, you will want to make it a regular part of your self-care regimen!

We are pleased to introduce you to our new TheraSauna Far Infrared Sauna. We hope you enjoy using the sauna! Here's what you need to know. More information can be found at www.therasauna.com.

Sauna Rates

Single 30-minute session: \$10

Five 30-minute sessions package (good for 3 months): \$40

Reservations & Appointments

- Pre-booking of sauna session is not required, but highly recommended. This can be done online at www.movestudio.com or by phone at 972.732.0206.
- If your plans to use the sauna change, please cancel your appointment so that another can use that slot. Cancellations received less than 12 hours before appointment will be charged.
- The sauna seats two people and privacy is not guaranteed. If you require privacy during your session, you may double-book the sauna for yourself for double the rate.
- Sauna sessions are available in 30 or 60 minute increments, the recommended duration for optimal benefits.

Your Sauna Session

Here are some simple instructions for your session.

- Arrive at least 5 minutes before your session, as your session end time does not change if you are late.
- Sign in at the front, before your session starts.
- Far infrared penetrates through clothing. Workout/dance/yoga attire, or shorts with a t-shirt, tank top, sports bra or bathing suit top are suggested. No nudity or skimpy bathing suits, please. The sauna is located inside the front office boutique and there is not a private dressing area.
- Store your personal belongings in dressing room lockers. Remove shoes before entering sauna.
- Be sure to open top air vent inside the sauna, which is kept closed during pre-heating.
- Bring one or two bath towels. Sit on one, and use the other for wiping sweat. Towels are not provided by the studio.
- Use of the sauna is highly beneficial before or after a workout, but evidence shows more metabolic benefits if used immediately following a workout.
- No cell phone conversations in sauna, please. Magazines, books, silent use of personal devices, and iPods with headphones are fine.

Safety

- **Exit immediately and alert staff** if you begin feeling uncomfortable, lightheaded or sleepy.
- **Check with your doctor** before using the infrared sauna if you are pregnant, ill or receiving ongoing medical treatment.
- Drink plenty of water or fluids **before, during and after** your sauna session. This will aid with detoxification and keep you hydrated. Bring your water bottle or purchase our water onsite.
- **Ask staff** for assistance or instruction before adjusting any settings in the sauna.