



COUNTRY HEALTH CLINIC
CARING NATURALLY, ONE PERSON AT A TIME

Infrared Sauna

There's nothing like a sweat session in a sauna, you feel more relaxed and rested after you're done. But if the high temperatures of a traditional sauna are just too much for you to handle, an infrared sauna may offer the benefits of a sauna without the extreme heat. Unlike a traditional sauna, infrared saunas don't heat the air around you. Instead, they use infrared lamps (that use electromagnetic radiation) to warm your body directly.

- Better sleep.
- Relaxation.
- Detoxification.
- Weight loss.
- Relief from sore muscles.
- Clearer and tighter skin.
- Improved circulation.

