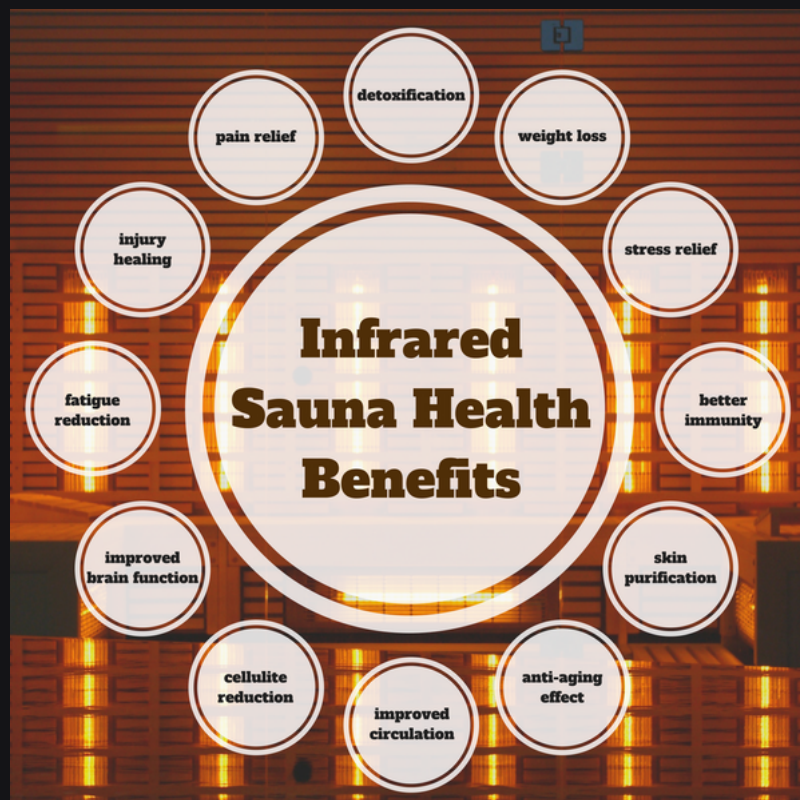


# INFRARED SAUNA

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 and heat your body's cells outwards.



# BENEFITS OF INFRARED SAUNA

- Better Sleep
- Relaxation & Detoxification
- Relief From Sore Muscles
- Relief From Joint Pain i.e. arthritis
- Help For People With Chronic Fatigue
- Improved Circulation
- Help Reduce High Blood Pressure
- Helps With Dementia and Alzheimer's disease
- Anti-aging & Revitalising Skin's Appearance
- Improves To Strengthen The Heart
- Boosts Immunity & Cell Health
- Weight Loss & Increased Metabolism

## INFRARED SAUNA PRICES & PACKAGES

---

### **SINGLE SESSIONS:**

1 x 40 mins session - £40 (single person)

1 x 40 mins session - £60 (per couple)

### **PACKAGES**

5 x 40 minutes - £180 (single person)

10 x 40 minutes - £320 (single person)

5 x 40 minutes - £240 (per couple)

10 x 40 minutes - £385 (per couple)

### **CONTACT INFORMATION:**

---

The NorthWest Wellbeing Hub

70 Victoria Parade, New Brighton, Wirral, CH45 2PH

[www.thenorthwestwellbeinghub.co.uk](http://www.thenorthwestwellbeinghub.co.uk)