

FIR Sauna & Rain Shower



The Chicago Stress Relief Center, Inc.
1440 Techny Road
Northbrook, IL 60062
Phone: (847) 412-0922
Fax: (847) 412-0756
Web: www.stressreliefcenter.com
E-mail: drhweissman@stressreliefcenter.com



The Chicago Stress Relief Center, Inc.



The Chicago Stress Relief Center, Inc.

Relax and escape while healing your body inside and out

Benefits of FIR Sauna

- Promote relaxation and calmness
- Boost metabolism
- Promote healthy weight loss by burning calories
- Improve immunity
- Enhance detoxification
- Stimulate blood circulation



The FIR Sauna induces profuse sweating which can help the body detoxify naturally. After a 20-30 minute session you can feel the difference as you emerge from the experience rejuvenated and refreshed. The Far Infrared Ray technology in our sauna is completely safe. It induces a heat that travels deep within the body providing soothing warmth that relaxes the muscles and releases toxicity and lactic acid from fat and muscle stores. Consistent use of the FIR Sauna improves blood circulation which can promote healthy weight loss, increase metabolism, and improve immunity by strengthening the lungs and heart. It couldn't be easier to burn up to 600 calories in one sitting! During your sweat heavy metal toxicity is released from your fat stores and cleared from your system through pores in your skin. The FIR sauna is a safe, effective tool to increase longevity and overall health and wellness.

Sessions:

- 1- 30 min session \$45
- Package of 3 sessions \$180
- Package of 10 sessions \$330
- Gift Certificates Available