Sauna Benefits

Did you know our bodies naturally emit infrared heat? Our InfraWave FAR heat technology heaters emit ultra-low levels of EMF, making them safe and beneficial to your health.

Relaxation: Our 7-color light therapy system enhances your sauna experience. Sauna therapy promotes relaxation helping balance your body's levels of cortisol which is your bodies primary stress hormone. Heat generated by the sauna will help relax muscles and relieve tension allowing your body to relax and de-stress.

Detoxification: Sweating is one of the body’s most natural ways to eliminate toxins, making it a crucial part of detoxification. When compared to traditional Swedish saunas, infrared saunas allow you to eliminate about seven times more toxins

Pain Relief: If you suffer from muscle aches or joint pain, infrared saunas can relieve this form of inflammation by increasing circulation and relaxing your muscles.

Weight Loss: The heat generated by an infrared sauna will cause your core temperature to increase, which can also lead to an increased heart rate — the same increase in heart rate that you experience when exercising. When your body has to work harder to lower your core temperature or keep up with an increased heart rate, your body will burn more calories, resulting in weight loss.

Improved Circulation: As the heat from infrared saunas increases your core body temperature, your circulation will increase along with it. Infrared sauna sessions can stimulate blood flow, improve muscle recovery, and decrease pain and inflammation after intense exercise.

Skin Purification: Infrared sauna technology can help purify your skin by eliminating toxins and impurities from your pores, resulting in clearer, softer, and healthier-looking skin.

Sauna Safety Precautions

1. Use at your own risk.
2. A sauna is not a toy. Serious injury may result from negligence, intentional misuse and failure to follow safety instructions.
3. Do not use alone.
4. Elderly persons, pregnant women, individuals with medical conditions and guests on prescription medications should consult a physician before use.
5. No children under 12 years old. Children 12 and older must be supervised by an adult.
6. If you are feeling uncomfortable, faint or dizzy, exit the sauna immediately.
7. Do not touch or interfere with the temperature sensor on the control panel.
8. Do not touch or spray water on the heater elements.
9. Do not use the sauna while under the influence of drugs or alcohol.
10. Pets are NEVER allowed in the sauna.
11. Keep towels and combustible materials away from the heater elements.
12. Do not exceed 30 minutes each use

Sauna is located in gym area. Hours of operation are 8am-9pm.

Sauna requires pre-heating 30 minutes to reach maximum temperature:

You may call the office if you would like us to pre-heat for you, or you may turn it on yourself.

Please turn off after use.