

# TRIUNITY MARTIAL ARTS

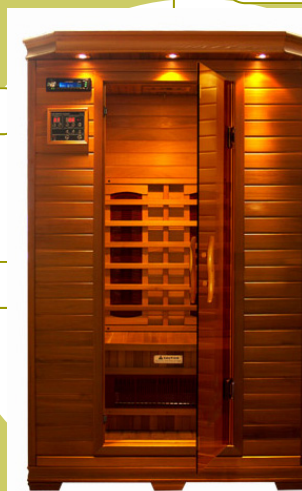


# INFRARED SAUNA

Discover the numerous health benefits of stepping into an Infrared Sauna, now available at Triunity Martial Arts!

For only 15 minutes a day, you can change your overall health.

Live well - be well!



Delete toxins

Reduce blood pressure

Ease muscle aches

Improve immune system

Increase blood circulation

Burn calories

Did you know that using an infrared sauna:

- ✦ Causes weight loss
- ✦ Helps treat cellulite
- ✦ Improves your immune system
- ✦ Improves your strength and vitality
- ✦ Helps cure several skin disorders like eczema, psoriasis and acne
- ✦ Strengthens the cardio-vascular system
- ✦ Helps control your blood pressure
- ✦ Detoxifies your body
- ✦ Gives you more energy and relieves stress
- ✦ Helps treat burns and scars
- ✦ Relieves pain (joint pain, sore muscles, arthritis)
- ✦ Helps control your cholesterol level
- ✦ Helps treat bronchitis

## COST:

- \$10 for 15 minutes
- \$15 for 20 minutes
- \$20 for 30 minutes
- \$30 for 45 minutes
- \$40 for 1 hour