

KEY BENEFITS

- Increase blood flow and circulation
- Relax and soothe muscles
- Reduces inflammation throughout the body
- Promotes weight loss and increased metabolism, which helps you burn more calories throughout the day
- Promotes healing from injuries or surgeries
- Helps with sleep by increasing GABA levels in your brain
- Reduces anxiety and stress, which can help with mood disorders like depression

SAUNA

The Sauna

Rosina Ehmann



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