

Stressed? Need to hit 'pause' but don't have all day to chill?

Take a quick break
at

Laguna Natural Health



Relax • Restore • Rejuvenate

Take the Edge Off

- Far Infrared Sauna
- Massage Chair Session
- \$1 per minute!

The Pause That Refreshes - 45 minutes

- 15 minute Far Infrared Sauna **AND**
- 30 minute Massage Chair Session **AND**
- LNH Organic Juice Boost - everyone's FAVE!
- 1 visit \$45
- 2 visits per week \$40 each
- 3 visits per week \$35 each - **BEST VALUE!**

Here's How it Works --

Our Sumptuous Leather Massage Chair provides:

- **Compression** - A unique combination of alternating strokes and pressing on the spine.
- **Kneading** - Ease soreness and work out the "knots" with a deep kneading massage.
- **Percussion** - Feel invigorated by the sensation of hands rapidly tapping on your back muscles.
- **Rolling** - Feel the tension dissolve with the gentle rolling massage.
- **Calves, too!**

Benefits of Using the Far Infrared Sauna

- Deeply penetrates muscles for **relaxation and healing**, warming you from the inside out
- NASA discovered Infrared rays as the **most healing**, beneficial light for the body.
- Revitalizes the biological function of cells: **increases blood circulation, purifies blood and revives cells.**
- Creates **antibacterial** function.
- Promotes perspiration to **cleanse toxins** from the body.
- **Relieves neuralgia, backaches and arthritis.**
- **Natural weight loss/burns calories.**
- **Nobel Prize in Physics 1991** - Opens communication channels between all cells and parts of the body.
- **Creates more alkaline tissues** by ridding built-up acids from the body (the main cause of aging and disease).
- **Improves immune function/relieves pain/elevates moods.**
- **Nutrition is more fully absorbed, wastes are more easily eliminated.**
- **Helps insomnia, stiffness, headaches, chronic constipation.**
- **Purifies air and surroundings/asthma symptoms are significantly decreased.**

You deserve to reserve! Call 949.544.1166

LagunaNaturalHealth.com