

A sauna at the end of the day will help you sleep more restful. In the morning you will feel rested, rejuvenated and ready to get more out of life.



We, at P.H.A. are very excited about adding such a relaxing element to our member's healthy life styles.



www.personalhealthapproach.com

P.H.A.

SAUNAS

&

STEAM ROOMS

Steam and/or sauna your way to relaxation. Everyone experiences a form of stress on a daily basis, even positive experiences such as a new job, a marriage or financial gain can be stressful. We, at P.H.A. believe that by combining the benefits of a steam or sauna with your exercise routine creates a powerful combination for stress reduction, as well as creating a greater sense of well being.

Our saunas have fresh air vents which allow you to breathe easier making your time in the sauna tolerable, refreshing, cleansing and rejuvenating not suffocating.

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Steam bathing whether it be dry (sauna) or wet (steam) has been considered one of the simplest ways of ridding the body of toxins. The radiant heat used in our saunas can actually penetrate an inch and a half to two inches deep into the skin and can have therapeutic benefits.

As the pores of the skin open up, millions of sweat glands start to excrete, the body excretes metabolic waste products.

Perhaps the most immediate relief one will experience after a sauna session is pure relaxation. In just a few minutes the warmth of a sauna will soothe nerves and warm tight muscles. You'll feel rejuvenated and renewed, restores both body and mind as the warmth melts away the daily stresses of everyday life.

Some other benefits of steam and sauna are:

1. Provides a cardiovascular benefits and helps condition the heart: The heart rate increases when the body is exposed to high temperature, improving circulation.
2. Soothes and relaxes tired muscles. Heat can be beneficial for post workout relaxation. It can revive tired and strained muscles after physical exertion.
3. Help relieve allergies and sinus congestion, help arthritis pain and reduce sunburn pain.
4. Helps cleanse the skin as the pores open in your skin.

5. Exposure to high heat creates an artificial fever state. Fever is part of the body's natural healing process. Fever stimulates the immune system resulting in increased production of disease fighting white blood cells and antibodies.
6. Sauna and steam rooms can be an aid in weight loss. As you unwind, your body is actually hard at work producing sweat and increasing your heart rate, which in turn burns calories. Combined with a healthy diet and regular exercise, sauna bathing can burn as much as 300 calories during each session.
7. Can help relieve inflammation and congestion of the upper respiratory membranes.
8. Relieves throat irritation by moistening the air.
9. Helps relieve spasmodic breathing. (asthma, croup)
10. Helps loosen secretions and stimulate discharges of mucous in the throat and lungs and reduces excessive throat and lung drying.

