

# Paul Chiropractic and Health Center

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## New Service Offered Far-Infrared Sauna

### Why Far-Infrared

#### V.S. Traditional

- Infrared heat penetrates 1-2 inches deep into muscle
- You sweat more quickly and more profusely
- Body temperature rises but surrounding air remains relatively low temperature (typically between 115<sup>0</sup>-135<sup>0</sup>F)



### Health Benefits

- Detoxification
- Pain Relief
- Improves Skin Tone
- Relaxation
- Restores Energy
- Promotes Weight Loss

### Session Cost

Length	Intro Price Thru 2/28/10	Regular After 2/28/10
1-15 Minute	\$15.00	\$20.00
1-30 Minute	\$25.00	\$30.00
5-15 Minute	\$65.00	\$85.00
5-30 Minute	\$115.00	\$135.00
10-15 Minute	\$130.00	\$170.00
10-30 Minute	\$230.00	\$270.00
(Session Cards good for ONE YEAR from Date of Purchase)		
Unlimited-Monthly-Per calendar month 1x/day, no longer than 30 minutes		\$198.00