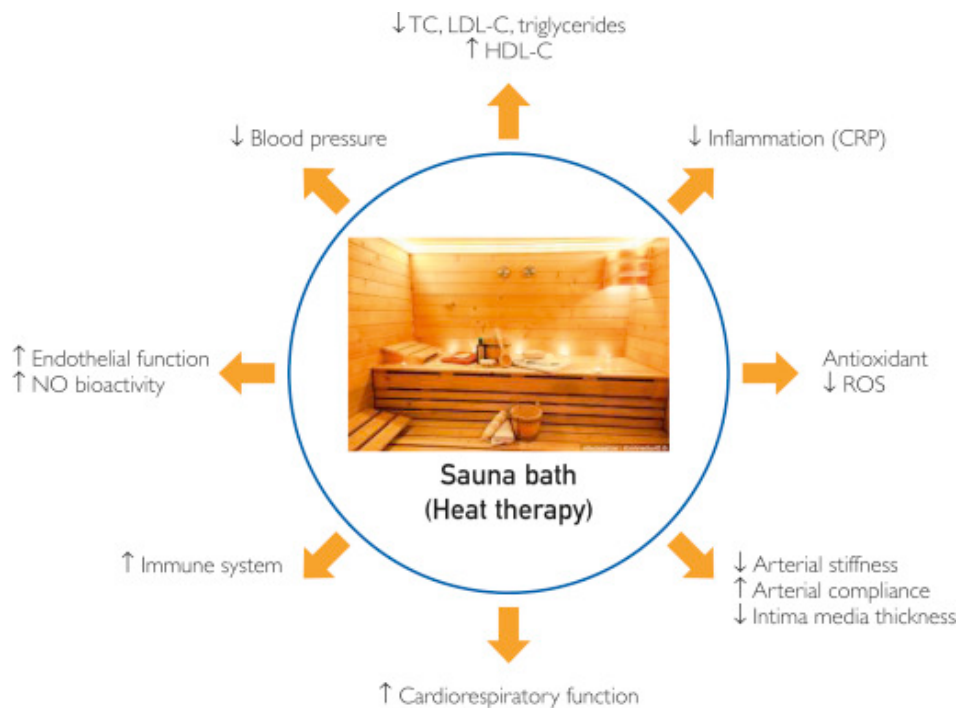


# HUMBLE WARRIOR WELLNESS CENTER



## SAUNA ROOM

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### Sauna Restoration

Sauna bathing, an activity used for the purposes of pleasure, wellness, and relaxation, is linked to a remarkable array of health benefits. It is a safe activity and can even be used in people with stable Cardio-Vascular Disease, provided it is used sensibly for an appropriate period of time. Studies show, sauna rooms help to improve circulation, lowers blood pressure, reduces stress, clears congestion, loosens stiff joints, burns calories, and boosts the immune system. Beyond the physical healing properties of sauna therapy, the heat also allows an extra sense of mindfulness and presence when practicing meditations in the sauna rooms.

Here at the Humble Warrior Wellness Center, each steam room and sauna are equipped with the ability to sit in silence, or listen to natural sounds, music, seascapes, guided meditations, and more.