



There is a lot of excitement in the air as spring approaches and the warm weather draws everyone outside. As we all start participating in more outdoor activities we start feeling some forgotten muscles and the added allergies of the season.

But you are in luck! A massage is a great way to loosen up and relax while flushing some of that sinus pressure away. The infrared sauna is ideal for detoxing the body and relaxing your aching muscles and joints after spending time outdoors.

Zum Scent of the Month
!!! ALL THINGS MINT !!!!

Our scent of the month is all Zum Mint products! This includes Mint, Rosemary-Mint, and Lavender-Mint. These light fresh scents are sure to leave you feeling refreshed.

All Mint products will be **25% off** during the month of March.



Schedule your infrared sauna session TODAY!

SPRING CLEANING DETOX

Spring cleaning is not just for your attic, it's also a great time to detoxify your body! Over time our bodies absorb toxins from the environment and the food we ingest. Infrared rays penetrate to the cellular level and flush out all of those built up toxins through the sweat your body releases. Research shows that in a steam sauna you sweat about

COOKING CORNER Irish Soda Bread

- 4 Cups All Purpose Flour
- 4 Tablespoons Sugar
- 1 Teaspoon Baking Soda
- 1 Tablespoon Baking Powder
- 1/2 Teaspoon Salt
- 1/2 Cup Butter, Softened
- 1 Cup Buttermilk
- 1 Egg
- 1/4 Cup Butter, Melted
- 1/4 Cup Buttermilk

To continue reading this recipe follow the link below

Irish Soda Bread

98% water and 2% toxins, but in an infrared sauna you sweat around 80% water and 20% toxins. Relieving your body of harsh toxins can improve your immune system, increase energy levels, promote better sleeping, and so much more. We shower daily to clean our bodies but we seem to forget the importance of cleaning out the sludge we are carrying around inside.



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