



The new platinum standard in infrared sauna technology.



THE SCIENCE



MUSCLE PERFORMANCE & RECOVERY

Heat energy from the sauna accelerates blood circulation and supplies more oxygen around the body. Increased blood flow reduces inflammation, relieves muscle soreness and promotes recovery.



PAIN RELIEF

Some studies suggest that infrared saunas could provide relief from certain types of pain, such as musculoskeletal pain and arthritis. The heat may help relax muscles, reduce inflammation, and ease discomfort.



WEIGHT LOSS

Some proponents of infrared saunas suggest that the increased heart rate and calorie expenditure associated with sauna use could contribute to weight loss.



STRESS REDUCTION

Like traditional saunas, infrared saunas promote relaxation and stress reduction. The heat and warmth help soothe both the body and mind, which can lead to reduced stress and improved overall well-being.



DETOXIFICATION

Sweating can aid in the elimination of toxins, heavy metals, and other waste products from the body.

Find out more at:

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