



# SUPERIOR

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## SAUNA & STEAM

# Sauna Benefits

For centuries, saunas have been enjoyed around the world for various health benefits

Learning about Sauna Benefits is part of the reasearch before building your own sauna. Here are the top 7 benefits of a sauna:

- **Stress melts away**, a great way to wind down for the day
- **Soothe sore muscles & joints** especially after a workout
- **Improve blood circulation**
- **Calories are burned**
- **Toxins flushed from the body**, through sweating. Drink plenty of hydrating liquids to replenish
- **More restful sleep**, feeling of well being

Sauna benefits are experienced every day by homeowners, health club memebers, hotel visitors, and many others around the world. The best way to see how a sauna may benefit you is to try a sauna at a hotel or health club for a week. At the very least you should have a sense of well being afterward.