



A VALLEY OF VITALITY PERSONAL POST SAUNA EVALUATION

Most of our repeat clients come to A Valley of Vitality because they feel better, notice more energy, less stress, pain relief, radiant skin, weight loss, cellulite reduction, inch loss, and/or enjoy better sleep!

Medical studies confirm FIR saunas strengthen your immune system, relieve chronic pain, and detoxify the cells.

FIR saunas burn more calories than marathon running!

You can take care of yourself in a holistic manner, have fun, detox and relax all at the same time. Imagine how much better you would feel if you came in a few times in a row.

Every time you use our FIR saunas, you will perspire more, cleanse deeper and it will get much easier and more comfortable as your body acclimates. It's easy to sit and let our devices increase your cellular energy naturally and holistically.

Do you feel better now than you did before you used the FIR sauna? Yes ____ No ____

Did you sweat? Yes ____ No ____

Do you know anyone that could benefit from sweating out toxins and tension? Yes ____ No ____

Do you feel comfortable passing on business cards or literature to some in need? Yes ____ No ____

If so, please pick up some business cards or ask about a gift certificate to give a gift of greater well-being. Thank you.

A Valley of Vitality Wellness Studio

We are open 6 days a week!

It's so fun, relaxing, invigorating and rewarding to detox!