

Hours	
Monday – Thursday	9 – 7
Friday	9 – 6
Saturday	9 – 3

Far-Infrared Sauna

- Burns Calories
- Controls Weight
- Increases Blood Circulation
- Relieves Pain
- Eases Joint Pain & Stiffness
- Improves the Immune System
- Removes Toxins
- Removes Minerals Waste
- Reduces Stress & Fatigue
- Enhances Skin Tone

One 30-minute session burns up to 900 calories and more.

A 30 minute Sauna Treatment is recommended before a Facial or a Massage to improve your circulation.

Day Spa Services

- Merle Norman® Make Over
- Professional Make-up Artist
- Goldwell® Color Services
- Cuts – Styles – Perms – Up Do's
- European Facials
- Repechage® Body Treatments
- Full Body Massage
- Body Scrubs – Wraps – Masks
- Far-Infrared Sauna
- Jessica® Manicures
- Whirlpool Pedicures
- Full Body Waxing
- Gift Cards & Gift Certificates



MERLE NORMAN®
Cosmetics & Day Spa

18 West Third Street - Williamsport Pa. 17701
Phone: 570-323-8777 or 570-322-3954

On-Line Booking

www.padayspa.com

MERLE NORMAN®
Cosmetics & Day Spa

Far-Infrared Sauna



Experience the Radiant
Health & Beauty

Is life passing you by?



No Time To Travel?

Escape to the Spa
For a day or an hour!

Far-Infrared Heat Saunas

Why Infrared?

Discover how infrared heat works in your body.

What is Infrared heat?

Infrared heat is simply a form of energy that is **directly transmitted onto objects** because of its specific wavelength. It has nothing to do with ultraviolet light, which gives you, sunburn and damages your skin.

Conventional saunas rely on a stove to heat the air to as hot as 220 °F. And to be effective, this superheated air must remain tightly enclosed, resulting in a stifling, suffocating environment. By contrast, Infrared saunas allow fresh air to circulate for ventilation and maximum comfort. The infrared heat rays **warm your body directly**. This allows an in-depth heat in a **more pleasant temperature of 110-150°F (43 - 66°C), thus providing more health benefits and a highly enjoyable and comfortable environment.**

Conventional saunas need high air temperatures to pull impurities from the body, but infrared heated saunas can directly penetrate up to 45 mm inside the body. Impurities can be pushed out using lower and more comfortable temperatures.

As the body temperature rises by infrared heat, **perspiration occurs and blood circulation increases. The muscles and organs are stimulated and toxic waste (fat, heavy metals and other toxic materials) is removed from your body through perspiration.**

How does it benefit us?

Our body reacts to the increased heating through the natural cooling process of perspiring. Through the perspiration process, **acid and waste residue** like toxins, sodium, alcohol, nicotine, cholesterol and the potentially carcinogenic heavy metals **are removed from the cells** (especially zinc, lead, nickel, cadmium, etc).

As well as the pores of our skin opening and discharging waste products, the skin sheds any old skin cells, leaving it glowing and immaculately clean, with improved tone, elasticity, texture and colour. Increased blood circulation has also been shown to relieve acne, eczema, psoriasis, burns, lesions and cuts. In addition, open wounds heal more quickly, reducing scarring.

Cardiovascular Conditioning:

While the moisture on the surface of the skin evaporates and thus cools the body, a number of other changes occur in the body to release the heat as quickly as possible. **The heart beats harder and faster, pumping more blood through the dilated blood vessels**, thus achieving the conditioning benefits of **continuous exercise.**

Weight Control:

As our body expends energy to produce sweat (1 gm sweat requires 0.586 kcal) a moderately conditioned person can easily sweat off up to 1000gms or more in a sauna session - **the equivalent to running 10-15 kms.** While this weight loss can be regained by re-hydration with water, the calories consumed will not. This is a valuable system for those who don't exercise and those who can not exercise, yet want **an effective weight control and fitness program**, along with the benefits that regular exercise bring.

Relieves Pain

The deep heat of an Infrared sauna helps peripheral blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries. Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen-depleted muscle, so they recover faster. Muscles relax most readily when tissues are warm, for greater flexibility and range of motion.

Where is infrared technology used?

Infrared heat is well known for **pain relief.** Health professionals have used red infrared heat lamps for decades to **treat muscle and joint problems.** In hospital baby care units, incubators are often equipped with infrared heating systems to **keep newborn babies warm.**

Eases Joint Pain and Stiffness

In Europe, radiant heat therapy is widely used to treat patients suffering from many forms of arthritis. In addition, it has been proved effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other muscular-skeletal ailments. Much of the stiffness, aches and soreness that come with aging is reduced or eliminated.

Clears Cellulite

Infrared saunas help clear ugly cellulite, the gel-like lumps of fat, water and debris trapped in pockets beneath the skin. European beauty specialists routinely incorporate daily saunas in programs to reduce cellulite. And because the radiant heat of the Infrared sauna warms three times as deeply as conventional saunas, it is significantly more effective at reducing cellulite.

Improves the Immune System

Sauna's deep heat raises your body temperature, inducing an artificial fever. As it works to combat the "fever," your body's immune system is strengthened. Combined with the elimination of toxins and wastes produced by the intense sweating, your overall health and resistance to disease is increased.

Reduces Stress and Fatigue

Perhaps the most immediate relief an Infrared sauna offers is simple relaxation, as it melts away the stresses and tensions of urban life. Just a few minutes in the gentle warmth of an Infrared sauna gives you an overall massaging effect, soothing jangled nerves and knotted muscles. You'll feel rejuvenated and renewed, restored in both body and mind.

Price Schedule

30 Minute Treatment	\$10.00
Extra Person at Same Time	\$10.00

Can be added to any service