

INFRARED SAUNA TREATMENTS AT FCFW ARE AFFORDABLE AND EASY!

We heavily encourage using infrared saunas consistently. These 30 minute sessions are quick, convenient, and instantly relaxing. Whether it is once a week, or better yet, 3 times a week or more, we have the perfect membership for you.

INFRARED SAUNA PRICING

DROP-IN PRICING

NEW CLIENT	RETURN CLIENT
\$20	\$35



À LA CARTE PACKAGE OPTIONS - Sessions expire one year from purchase

5 PACK	10 PACK	20 PACK	30 PACK
\$125 - \$25 each	\$200 - \$20 each	\$360 - \$18 each	\$480 - \$16 each

MEMBERSHIP PRICING MONTH-TO-MONTH - Upgrade/Downgrade anytime!

Our memberships are month-to-month. All we ask is for a two month commitment and recurring payments until you decide to cancel anytime! You can also upgrade and downgrade anytime. Every monthly set of sauna sessions come with a 3 month expiration so you can enjoy a comfortable rollover period.

PACKAGE	COST	\$ / SESSION
MONTHLY - 5x Per Month	\$65 Per Month	\$13
MONTHLY - 8x Per Month	\$95 Per Month	\$12
MONTHLY - 12x Per Month	\$125 Per Month	\$10
MONTHLY - UNLIMITED	\$155 Per Month	--

CHROMOTHERAPY COLOR LIGHT THERAPY CAN BENEFIT YOUR WELLBEING.

Chromotherapy or Color Light Therapy is the science that uses the seven colors of the light spectrum. The seven colors have the ability to affect the vibrations of the body various frequencies. For optimal health, we all need the light of the sun. We receive light from the sun which is divided into 7 main groups of rays which are absorbed by our bodies. Chromotherapy works on various energy points to help balance your body using the full spectrum of visible light. Color and light have been utilized by healers for thousands of years. Color therapy possibly has roots in Ayurveda, ancient Egyptian culture and traditional Chinese healing. Alternative medicine practitioners who use chromotherapy often relate the seven colors of the color spectrum to specific body areas. Color has a profound effect on us on all levels, physical, mental, emotional and spiritual.

The chromotherapy light is controlled by either touching the metal plate on the side of the chromotherapy unit or by pressing the buttons on the included remote control.

1. Press the **"POWER"** button to turn on the Chromotherapy light.
2. Press the **"MANUAL"** button to manually select a color.
3. Press the **"AUTO"** button and the Chromotherapy light will automatically change through the various colors.
4. Press the **"INTENSITY"** up/down buttons to control the brightness of the Chromotherapy light.

The available color in the Chromotherapy light have been specifically selected based on their wavelength:

1. **Red:** Activates the circulatory and nervous systems.
2. **Strong Green:** Provides anti-infectious, anti-septic and regenerative stimulation.
3. **Strong Blue:** Lubricates joints. Helps address infections, stress, nervous tension.
4. **Orange:** Energized and eliminates localized fat. Helps address asthma and bronchitis.
5. **Green:** Acts as a relaxant.
6. **Blue:** Stimulates muscle and skin cells, nerves and the circulatory systems.
7. **Strong Yellow:** Strengthens the body and acts on internal tissue.
8. **Strong Indigo:** Helps address eye inflammation, cataracts, glaucoma and ocular fatigue.
9. **Strong Pink:** Act as a cleanser, strengthening the veins & arteries.
10. **Yellow:** Reactivates and purifies the skin. Helps with indigestion and bodily stress.
11. **Indigo:** Activates and eliminates impurities from the blood stream.
12. **Violet:** Relaxes the nerves & lymphatic system. Addresses inflammation and urinary illness.

WHY INFRARED?

Infrared therapy is known to assist with detoxification, relaxation, burning calories, pain relief, anti-aging, skin purification, cell health, and improved circulation. Our Clearlight infrared sauna provides full-spectrum infrared rays, for full-spectrum benefits.



DETOXIFY

Infrared saunas DETOXIFY 7x more than traditional saunas; detoxifying of heavy metals, radiation, and environmental toxins.



BURN

Studies have shown that an infrared sauna session can BURN upwards of 600 calories while you relax!



ANTI-AGING

Infrared saunas stimulate collagen production to REDUCE wrinkles and improve overall skin tone all over the face & body.



RELIEVE

Infrared penetrates tissues, joints, & muscles to RELIEVE aches and pains stemming from overuse, strain, or repetitive motion.



RELAX

Infrared saunas decrease cortisol and increase serotonin. It's so effective at "CHILLing you out" that it's actually used to treat drug & alcohol addiction.



SKIN

Infrared wavelength is the most effective wavelength for healing the epidermis & dermis layers of the SKIN.



STIMULATING

Stimulates the circulatory system and oxygenates the body's CELLS. The increase in blood flow results in greater overall vitality - just like a workout, but ... not a workout!



HEALING

Infrared light has been proven to kill even the most resistant types of bacteria, and allows it to initiate the killing of pathogens in a wound that has become infected. Get HEALING at Fit Club For Women.