

# A Brighter Future for *Life*

**West Coast Saunas** specializes in promoting a healthier lifestyle through state-of-the-art heat therapy **Far Infrared Saunas**.

Unlike traditional steam saunas, Far Infrared heat penetrates the body's tissues to a depth of over 1.5 inches reaching the muscles to soothe and relax naturally and safely.

Weight Loss

Detoxification

Pain Relief

Skin Beautification

Stress Relief & Relaxation

Cardiovascular Health



Whether you want to achieve specific health benefits or just escape the everyday stresses of life, **West Coast Saunas** is committed to providing superior **Far Infrared Saunas**.

*I have encountered many patients with severe arthritis, cardiovascular problems and chronic fatigue syndrome. With West Coast Saunas' infrared therapy, many of my patients have benefited dramatically.*

– Dr. David Graham, San Diego, CA

*West Coast*



SAUNAS

[www.WestCoastSaunas.com](http://www.WestCoastSaunas.com)

800.975.6180