

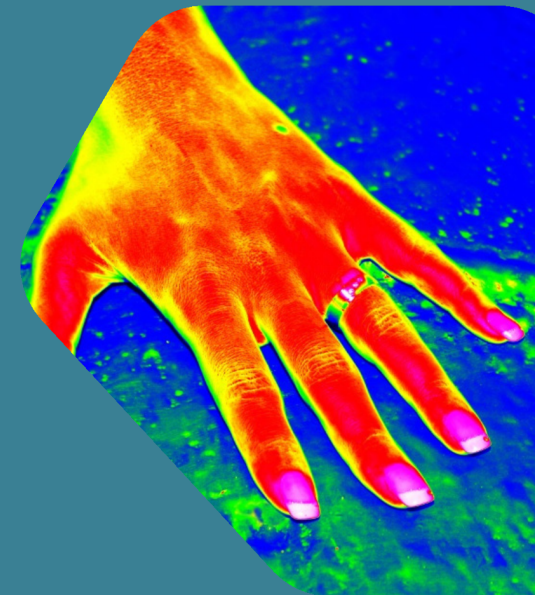


Rise & Shine  
Wellness Center

## Infrared Sauna

### About

Welcome to Rise and Shine Wellness Center, your sanctuary for rejuvenation and holistic wellness. Specializing in wellness solutions, we proudly feature our unique infrared sauna, designed to provide respiratory support. Our no heat sauna offers relief for those suffering from asthma and other respiratory ailments, enhancing breathing and overall well-being. Additionally, we provide services that aid in post-COVID recovery, helping you regain strength and vitality. Experience tranquility and improved health at Rise and Shine Wellness Center.



### Promotes in relief from:

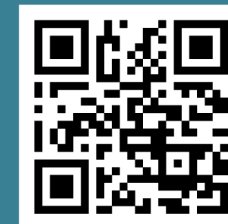
- Respiratory functions support
  - Reduction of Pain
- Reduced inflammation
  - Reduced Pain
- Quicker healing process
  - Skin Purification
- Improved Complexion
  - Reduced Symptoms
  - Reduction of stress

### Contraindications

- Pregnancy
- Children under 16 years of age
- Always speak with your physician before sessions about medications
- Bleeding disorder
- Heart conditions
- Fever
- Joint injuries

# We care

3731 Rainbow Drive Rainbow Dr. 35906  
256.390.4877



[riseandshinewellness.care](https://riseandshinewellness.care)

# Infrared Sauna

# Sessions

# Choose Us

## TOP 10 BENEFITS OF INFRARED SAUNAS



### DETOXIFICATION

Infrared saunas promote sweating, helping your body eliminate toxins through its biggest organ: the skin.



### EXERCISE RECOVERY

Saunas taken before exercise increase performance and quicken recovery. Just stay hydrated!



### HEART AND BLOOD PRESSURE HEALTH

Saunas can lower both systolic and diastolic blood pressure over time.



### BOOSTED IMMUNE SYSTEM

Get a jump on cold and flu season by taking a sauna, which increases white blood cells, lymphocytes, and neutrophils.



### MOOD IMPROVEMENT

According to studies, sauna users self-report less anger and depression after a sauna.



### YOUNGER SKIN

Infrared technology encourages development of more collagen and elastin, leaving skin smoother and helping wounds heal faster.



### CIRCULATORY SYSTEM OXYGENATION

In an infrared sauna, your heart rate increases and blood vessels dilate, allowing oxygen to enter the cells of your body more easily.



### PAIN RELIEF

Infrared heating pads are extremely beneficial for muscle and joint pain relief.



### RELAXATION

Help your body maintain healthy cortisol levels, relax, and de-stress by taking an infrared sauna.



### LOWERED INFLAMMATION

Keep your mind sharp and inflammation low with regular sauna use.

DrJayDavidson.com

Session	Price	Duration
Infrared Sauna	\$20	30 minutes



100%

of the time



What is our satisfaction rate?  
let us know.

## Life Changing sessions

### Why us?

Rise and Shine promotes whole body wellness. With our knowledgeable staff and advanced technology you will find your total wellbeing in the right direction. Come, meet the staff at Rise and Shine Wellness Center today.

FDA Disclaimer: The statements made regarding this products have not been evaluated by the Food and Drug Administration. The efficacy of these products has not been confirmed by FDA-approved research. These products are not intended to diagnose, treat, cure or prevent any disease.