

# Sauna

Sit back, unwind chat and relax with your friends in the warmth of our Sauna. It cleanses and rejuvenates your skin. One of the major benefits of the Sauna is that it gives you mental and physical relaxation. Also it can relax sore muscles and help relieve stress and tension.

By using the Sauna, it improves your immune system, metabolic rate and circulation. If you suffer from Arthritis using a Sauna can be a real benefit.