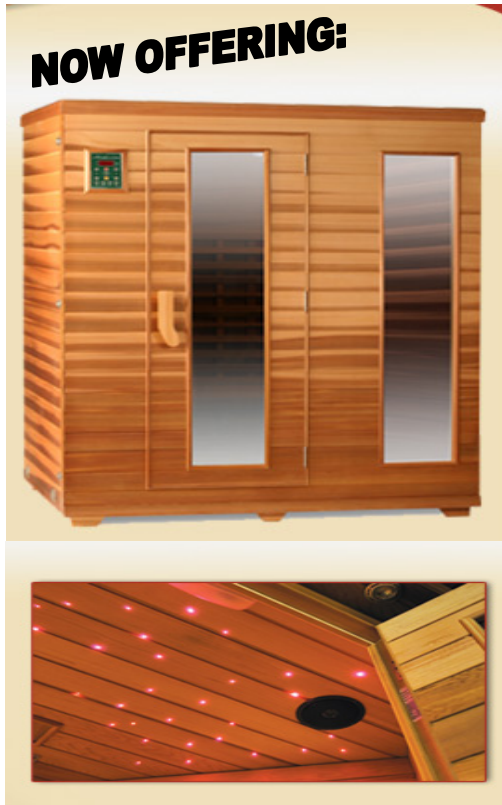


**SunDaze Tanning Studio is proud to serve the area with our new:**



At SunDaze Tanning Studio we found the best far infrared sauna on the market. It is used by NASA and the U.S. Air force. Enter the private sauna room and step into our spacious three person Health Mate cedar sauna to rejuvenate, detoxify and ease aching muscles. During your relaxing session, enjoy your own special brand of “light therapy” with therapeutic fiber optic star lights. Rotate or adjust four different colors to suit your particular mood while listening to your favorite music on the full sound stereo and CD player. One session in our infrared sauna and you will be hooked!

We provided towels, robes, filtered water, relaxing CD’s, & refreshing moist towelettes (retail).

## Discover all the amazing benefits of Health Mate Sauna

- **Burns calories & controls weight**

As you relax in the gentle heat of the Health Mate sauna, your body is actually hard at work, producing sweat, pumping blood — and burning calories. According to a Journal of the American Medical Association report, in a single sauna session you may burn as many calories as you would rowing or jogging for 30 minutes. So you lose weight — not just water.

- **Increases blood circulation**

As your body increases sweat production to cool itself, your heart works harder pumping blood at a greater rate to boost circulation, supplying the conditioning benefits of continuous exercise. Heart rate, cardiac output and metabolic rate increases, while diastolic blood pressure drops, for improved overall cardiovascular fitness.

- **Relieves pain**

The deep heat of your Health Mate 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 muscles, so they recover faster. Muscles relax most readily when tissues are warm, for greater flexibility and range of motion.

- **Eases joint pain & stiffness**

In Europe, radiant heat therapy is widely used to treat patients suffering from many forms of arthritis. In addition, it has been proven 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.

- **Improves the immune system**

A 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.

- **Removes toxins & mineral waste**

Increased blood circulation stimulates the sweat glands, releasing built-up toxins and waste. Daily sweating can help detoxify your body as it rids itself of an accumulation of potentially carcinogenic heavy metals (lead, mercury, zinc, nickel, cadmium) as well as alcohol, nicotine, sodium, sulfuric acid and cholesterol.

- **Reduces stress & fatigue**

Perhaps the most immediate relief your Health Mate sauna offers is simple relaxation, as it melts away the stresses and tension of urban life. Just a few minutes in the gentle warmth of your Health Mate 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.

- **Enhances skin tone**

The profuse sweating achieved after just a few minutes in the Health Mate sauna carries off deeply embedded impurities and dead skin cells, leaving the skin glowing and immaculately clean. Increased circulation draws your skin’s own natural nutrients to the surface. You’ll see improved tone, elasticity, texture and fresh color.

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.

### Individual Sessions\*

30 – 1 Hour . . . . \$30.00 - \$60.00

\*Add 2<sup>nd</sup> Person for ½ Price

“Prepay 200 Minutes @ \$200, get 30 minutes FREE!”

### Weight-Loss / Detox Package\*

1 Sauna Session . . . . . (30 minutes)

1oz. OLEASLIM\* Detox Herbal Oil

1 Infrared Body Wrap (40 minutes) -\$119.00

\*Must be performed back-to-back.

Pre-Pay 3 or more . . . \$99.00 ea.



**What is the Formostar Infrared Body Wrap System?**

The Formostar body wrap system is a targeted infrared heat system commonly used for conditions such as inch loss, weight control, pain relief, improved skin conditions including acne, cellulite removal and more.

**What is a Formostar session like?**

Formostar's proprietary latex pads are wrapped onto target problem of your client while fully clothed in cotton, workout-type attire. The process takes 5 minutes to wrap.

While wrapped, infrared heat penetrates down to the bone and radiates outward heating ligaments, joints and muscles while reaching toxins and cellulite that are trapped in pockets below the skin. You relax while burning up to 1,200 calories with each session. Minimum 2 sessions p/week recommended for weight-loss.

**Calorie burning equivalents per 60-min session:**

Formostar Infrared Body Wrap	1,200 +
Swimming	600
Jogging	600
Tennis	530
Cycling (10 mph)	450
Walking (3.5 mph)	300
Racquetball	1,020
Marathon running	1,186

**LOSING WEIGHT IS QUITE SIMPLE:**

- You need to burn more calories that you consume.
- Unused calories are stored as fat.
- Fat storage areas on women are primarily the thighs, buttocks, stomach, breast and upper arms.
- Stored fat is known as "cold fat" as blood circulation is extremely low in fat storage areas.
- When we work out, our muscles and vital organs get the majority of our blood flow. It is virtually impossible to "work off" fat thru exercise.
- Limited blood circulation results in what is known as 'cold spots' where the fat hardens and over time leads to cellulite.
- The Formostar Body wrap reverses this situation by applying infrared heat to the body.
- Infrared rays gently heat the body from the inside out to get underneath the fat tissue. Blood flow is increased over 300% in the 'cold spots' where fat tissue resides.
- Bringing blood back into the areas that have restricted blood flow causes the metabolism rate to rise.
- Infrared heat softens the fat/ cellulite tissue, breaks it up, and releases it back to the blood stream to be burned up as energy.
- You can burn up to 1200 calories or more in just one 50 minute session. Your body will burn off those calories through the day.
- The best of all is that the inch loss from infrared is permanent.

**"BODY WRAP CLUB"  
JOIN FOR \$99.00 FEE & UNLIMITED BODY WRAPS FOR \$39 EACH**

**Intro Pkg's (1<sup>st</sup> time customers):**

- 3 for \$99 (Expires in 1 WEEK)
- 6 for \$199 ((Expires in 2 WEEKS)

**REGULAR PACKAGES:**

- 1 WRAP for \$75.00
- 3 WRAPS FOR \$180.00
- 6 WRAPS FOR \$300.00
- 10 WRAPS FOR \$425.00
- 20 WRAPS FOR \$780.00

**Un-wrap a more beautiful body today!**



- **INFRARED HEAT THERAPY**
- **FAST, SAFE, EFFECTIVE**
- **SAUNA/BODY WRAPS SESSIONS**

**251.626.0786(SUN)**  
**OPEN 7 DAYS**

[www.sundazetanningstudio.com](http://www.sundazetanningstudio.com)  
Contact: [info@formostar.net](mailto:info@formostar.net)