



Infrared Sauna and Reiki Price List

Infrared Sauna Sessions:

*1 Session:	\$25.00
*Package of 5 sessions:	\$115.00 (Save \$10)
*Package of 10 sessions:	\$225.00 (Save \$25)

BFW Member:

*1 session	\$20.00
*Package of 5 sessions	\$90.00 (Save \$10)
*Package of 10 sessions	\$180.00 (Save \$20)

Relieves Pain:

- Widens Blood Vessels
- Used in treatment of arthritis, rheumatism and muscle spasms

Weight Control:

- Alienates excessive moisture, salt and subcutaneous fat
- Provides a thermogenic process (sweating)
- Body fat becomes water soluble at 100*

Eliminates Toxins – including heavy metals

- Increases the eliminative, detoxifying and cleansing capacity of the body

Exercise Effect – works the heart similarly to a 6-9 mile run

Reiki Sessions:

*Initial visit	\$70.00
*Follow-Up session	\$60.00
*Package of 3 follow-up sessions	\$160.00 (Save \$20)
*Members save 10%	

- Reiki is energy that permeates and surrounds all things
- Reiki helps to heal the cause and eliminate the effects of an imbalance
- Reiki can be incorporated with other modes of healing to accelerate the overall effects
- Reiki sessions are for anyone, including PETS