

Re-Balance

Take time out to relax,
revitalise, rejuvenate , detoxify
& relax with our Physiotherm
Far Infrared Therapeutic Sauna.



It not only feels good but...
it IS good for YOU!

- * *Simply sit back and allow the Infrared sauna experience to soothe and **relieve stressed muscles** and taut minds.*
- * *Enjoy the effects of the enveloping warmth and the light therapy to really **enhance your wellbeing.***
- * *Change your mood. Clarity and awareness and a feeling of being refreshed. **Enhance your energy levels.***
- * *A deeply effective way to **expel toxins from the body** through it's biggest filter – the skin.*
- * *Enhance the body's ability to mend by **supporting the immune system** and **optimising circulation.***
- * *Increasingly Infrared is becoming recognised as a highly effective factor in **weight loss** programs.*



Experience the Infrared Sauna today...

- * *All members get a gift upon joining of two sessions to try out this fabulous experience*
- * *Configure Express VIP memberships include Unlimited Sauna, Massage and Sunbed use!
(from \$19 per week – full gym membership)*
- * *Configure Express Pamper Package includes Unlimited Sauna, Massage and Sunbed use!
(from \$18 per week – no gym access)*
- * *For members to purchase sessions \$5 casual or \$30 for a 10 concession.*

Talk to our Reception Team for more details

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