

KEY BENEFITS

- Increase blood flow and circulation
- Relax and soothe muscles
- Reduces inflammation throughout the body
- Promotes weight loss and increased metabolism, which helps you burn more calories throughout the day
- Promotes healing from injuries or surgeries
- Helps with sleep by increasing GABA levels in your brain
- Reduces anxiety and stress, which can help with mood disorders like depression

SAUNA

The Sauna

Robert L. Roy



The Sauna:

The Sauna Robert L. Roy, 2009-03-20 Replete with history tradition health benefits instructions for proper use and maintenance this completely revised and expanded edition will inspire With a history going back at least one thousand years the sauna is ready for a new generation of enthusiasts seeking health pleasure and peace of mind and Rob Roy is ready to recruit If the sauna is just a bath then Buckingham Palace is just a house So writes sauna expert and intrepid do it yourselfer Roy in this new updated version of The Sauna This completely revised and expanded edition of The Sauna contains everything you ever wanted to know about the famous Finnish bath In this inviting book Roy shares his infectious enthusiasm for the sauna and provides a complete detailed guide to sauna building along with resources for equipment and supplies The Sauna is replete with history tradition health benefits instructions for proper use and maintenance as well as step by step instructions for building a variety of cordwood masonry saunas and new to this edition conventionally wood framed saunas The beautiful color photographs also new to this edition will inspire you to create your own sauna haven

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