

EXPERIENCE THE SCIENCE-BACKED BENEFITS OF INFRARED SAUNA THERAPY



PRICING

Memberships

- \$40/month
(autopay, 6-month commitment)
- Includes up to 3 sauna sessions per week.

Packages (30-minute sessions)

- 1 Session – \$30
- 5 Sessions – \$100
- 10 Sessions – \$150
- 20 Sessions – \$200
(Best Value)



Looking for the perfect reset?

Discover the benefits of our medical-grade Infrared Sauna—your nearby escape designed to support recovery, wellness, and self-care.



Sauna benefits:

- ✓ Muscle Recovery & Pain Relief
- ✓ Stress Reduction
- ✓ Detoxification Support
- ✓ Improved Circulation
- ✓ Skin Health & Rejuvenation



LAS SENDAS
SPA AND FITNESS CENTER

CONTACT TO RESERVE: CALL 480-832-6900