

MMFN WELLNESS WEDNESDAYS!

Wednesdays

January 21st-March 11th

10:30am-12pm

Sauna and Hot tub sessions

Please let Kayla Savey know if you require transportation

Both saunas (dry/steam heat) and hot tubs (warm water immersion with jets) offer benefits like stress relief, improved circulation, muscle relaxation, and better sleep by using heat to dilate blood vessels, but they differ in delivery: hot tubs add buoyancy and massage, while saunas provide intense dry or humid heat, with hot tubs potentially boosting immune response more and saunas aiding detoxification via sweat. Together, they offer a comprehensive wellness experience for physical and mental rejuvenation, but always remember to hydrate and consult a doctor if you have health concerns.

