

# Edenderry Swimming Pool & Hydro Therapy Zone

## RESULTS – RESULTS

Sweating is the body's safe and natural way to heal. Scientists and doctors are finally acknowledging what our ancestors instinctively knew, that regular sweating restores good health through the elimination of toxins.

Therefore don't take the sauna for a mere luxury if you aim to achieve and maintain good health. It is a necessity, and a very reliable way to help your body stay healthy by eliminating toxin surcharge.

Results after Minutes		Results after Treatments	
<b>After 10 minutes</b>	Our circulation is improved in hands and feet, making them warmer.	<b>After 3 treatments</b>	Our immune system is improved.
<b>After 15 minutes</b>	Our muscles relax and become more receptive to passive exercise. Fibrous tissue becomes more pliable and responsive to stretching, encouraging the release of lactic acid and other toxins from the system.	<b>After 5 treatments</b>	Tension, emotional and physical trauma are noticeably reduced.
<b>After 20 minutes</b>	We experience a temporary decrease in severity of our aches and pains.	<b>After 10 treatments</b>	Pain relief is longer lasting and there is a greater sense of well being.
		<b>After 20 treatments</b>	There is a heightened tolerance to disease and depression. Our skin is clearer and glows with health. Muscle tone and mobility have definitely improved.