



## PURE SWEAT + FLOAT STUDIO

Modern light-based therapies use visible light to support the body. When visible light is applied, it travels as tiny particles called photons that are absorbed through the skin and by light-sensitive receptors in the eyes. Once absorbed, specific proteins in the body respond to certain colors of light. This interaction triggers natural chemical reactions within cells, tissues, and organs. Depending on the light used, these reactions may support a variety of beneficial biological processes, which is why different colors of light are used for different therapeutic purposes as outlined below and are in our full-spectrum infrared saunas at Pure Sweat + Float Studio, South Jordan.



### VIOLET ● ● ●

#### CROWNCHAKRA/TOP OF HEAD

Balances 7th/ crownchakra to connect mind-body with a higher power. This high energy state stimulates the pituitary gland to regulate serotonin and reduce depression and anxiety. Helps regulate sleep to improve energy and reduce effects of Seasonal Affective Disorder.



### INDIGO ● ●

#### THIRD-EYECHAKRA/FOREHEAD

Balances 6th/third eye chakra located between the eyebrows. Helps improve focus, reduce fog brain, stimulate intuition through the pineal gland, clear sinus cavities, and improve the ability to understand wisdom and truth.



### BLUE ● ● ● ●

#### THROATCHAKRA/NECK

Balances 5th/ throat chakra to improve verbal communication, articulation and understanding. Produces a cooling, calming effect in the body to counteract worry, reduce over excitement, modulate hyperactivity, and calm various throat conditions.



### GREEN ● ●

#### HEART CHAKRA/CHEST

Balances 4th chakra located at the heart center in and around the sternum. The body's healing seat to reset circadian rhythms, relax muscles, detox organs, and stimulate tissue regeneration. Here is where love and forgiveness of self and others originates, and where the spiritual and physical body merge.



### YELLOW ●

#### SOLAR PLEXUS CHAKRA/STOMACH

Balances 3rd chakra located at the solar plexus mid-torso in and around the kidneys and liver. Center of personal power, will and self-esteem. Produces a cleansing effect to purify the blood and skin, increase neuromuscular tone, and improve nervous system function.



### ORANGE ● ● ●

#### SACRALCHAKRA/BELOW BELLY BUTTON

Balances 2nd chakra located in the low abdomen. Regulates creativity via reproductive organs, creative thought, emotions, and sexuality. Balancing the 2nd chakra can reduce inflammation, menstrual cramps, edema, prostate issues, and bladder/urinary dysfunction.



### RED ●

#### ROOTCHAKRA / END OF SPINE

Balances 1st chakra located at the base of the spine. Regulates skeletal and circulatory systems, helps relieve tension to improve energy efficiency. Can improve cellular metabolism. Helps regulate fear regarding family, finances/survival, and decreases feelings of anger. This grounding energy can return the mind/body to states of joy and happiness.

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Suite 300  
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PURE SWEAT + FLOAT STUDIO

# FLOAT THERAPY BENEFITS

Float effortlessly within pristine, warm water mixed with 1,500 pounds of therapeutic Epsom salt, creating a gravity-free healing environment for deep physical recovery + mental relaxation.

Floating is a Healing Force for Mind, Body, + Spirit Health

REDUCES STRESS + ANXIETY

PAIN RELIEF

MUSCLE RECOVERY

BOOSTS CREATIVITY

PROBLEM SOLVING

RELAXING + MEDITATIVE

MAGNESIUM RESTORATION

IMPROVES SLEEP

CALMS PTSD

\*We offer 25, 40, and 60-minute floats.

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# INFRARED SAUNA BENEFITS

Boost whole body health with our Full-Spectrum Infrared Saunas, delivering the Near, Mid and Far Infrared wavelengths that warm your body at the cellular level, producing a deep tissue sweat + enhanced healing.



## FAR+++

DETOXIFICATION  
WEIGHT LOSS  
IMMUNE HEALTH  
RELAXATION

## MID++

PAIN RELIEF  
REDUCED  
INFLAMMATION  
IMPROVED  
CIRCULATION  
MUSCLE RECOVERY

## NEAR+

SKIN HEALTH  
ANTI-AGING  
WOUND  
HEALING

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