

Additional Sound Therapy options...

- The Sauna is equipped with Bluetooth Audio and can be linked up to your mobile phone while in there.
- Sound Therapy can be anything of your choosing or recommended by your practitioner, including:
 - Meditation music, guided meditation via an app
 - Podcasts selected according to the duration you are in the sauna
 - Sound bowl therapy downloads
 - Nature sounds
 - Music of your choosing or as recommended by your practitioner
 - Motivation downloads or podcasts
 - And more... so simply asks us what can enhance your experience