

Perspire Sauna Studio to Open Fifth Orange County Location in Mission Viejo in January 2020

OC based Health and Wellness Infrared Sauna Studio to Feature Full-Spectrum Infrared and Color Light Therapy with 11 Private Rooms, Memberships, and Session Pack Options



Mission Viejo, Dec 19, 2019 (Issuewire.com) - Perspire Sauna Studio, the original luxury infrared sauna therapy spa with locations throughout the county, is excited to announce the opening of its fifth OC location in Mission Viejo. The 1,695 square foot infrared sauna studio is slated to open its doors in the Portola Plaza Shopping Center, next to Starbucks and Bank of America in January [2020].

Perspire will offer forty-minute infrared sauna sessions complete with private rooms, featuring premium amenities, including Smart TVs with Hulu, Netflix, and Pandora. All sessions will include towel service and a cold, eucalyptus-infused towel post-session. Full-spectrum infrared heat waves penetrate deep into the cells, joints, muscles, and tissue, speeding oxygen flow and increasing circulation while removing impurities that build up over time. Regular infrared sauna sessions help detoxify the body as it rids itself of accumulated highly toxic materials such as lead, mercury, nicotine, pesticides and other organic and inorganic compounds. As the body is producing sweat and pumping blood, it is also burning calories (200-400 per session), which can enhance weight loss through regular use. Additionally, a 40-minute sauna session eliminates deeply embedded impurities and dead skin cells, helping with skin purification and leaving the skin glowing and immaculately clean.

In addition to Perspire's infrared sauna therapy, each sauna comes equipped with medical-grade chromotherapy technology, a method of treatment that uses the visible spectrum (colors) of electromagnetic light to treat various diseases and ailments. Chromotherapy, also known as color light therapy, has been used to treat all kinds of medical conditions, from reducing swelling and inflammation to pain relief, accelerating healing, improving circulation, sleeping patterns, and regulating mood.

The studio's owners, Robin Dunivin and Chelsea Bartolotta are both Southern California natives, raising their children in Mission Viejo, and excited to be bringing the wellness service to South OC. Bartolotta had been a long-time Member of Perspire, using it to help with auto-immune disease.

"Having been challenged with auto-immune diseases most of my life, finding Perspire Sauna Studio gave me hope that there were people and services out there capable of and dedicated to improving my quality of life. I feel blessed and excited to bring the powerful healing benefits of Infrared Saunas to my community."

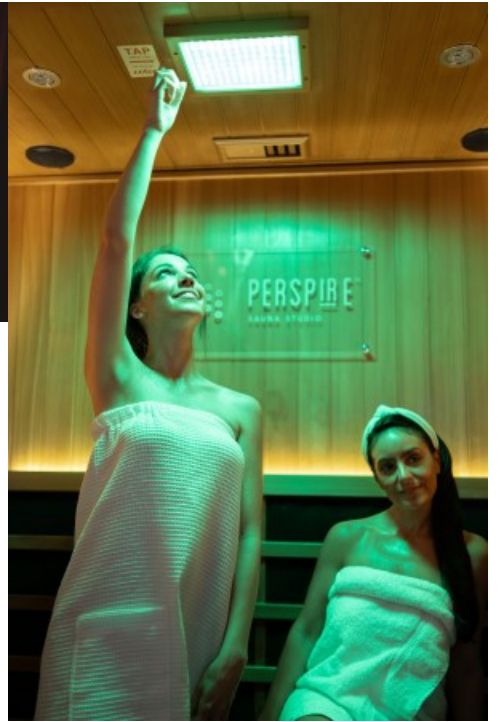
Perspire's infrared saunas provide a gentle and soothing therapeutic heat that supports relaxation, relieves aches and pains, and helps muscles recover faster. The new Mission Viejo location will feature 11 rooms, each equipped with a state-of-the-art infrared Clearlight Sanctuary® Sauna, which offers the lowest and safest electromagnetic fields and extremely low-frequency levels of any infrared sauna technology. Design elements of each sauna room will feature a detailed glass front design, recessed accent lights for mood and reading, Bluetooth connectivity, and a glass skylight roof.

Each sauna session can be purchased and scheduled through either the Perspire Sauna Studio app, Mindbody app, or Perspire's website. New clients can opt for the Introductory Week Pass or take advantage of the [Founding Membership Specials](#), including the *Detox* Unlimited subscription for just \$129/month.

Perspire Sauna Studio's first sauna studio was founded in Costa Mesa, California, in 2010 and is owned by Lee Braun and Ken Arsenian. Since the inception of their business, the brand has received countless testimonials from its growing range of guests. Now with four successful locations in Orange County and expansion into Atlanta and Texas, they are excited to be expanding into South OC. For more information, please visit www.perspiresaunastudio.com.

With a focus on the natural health benefits of infrared sauna therapy, excellent customer service, and unique guest experience, Perspire aims to set the standard for infrared sauna studios across the country as they expand to bring IR sauna healing to every community.

To keep up with everything Perspire, follow the brand on Instagram - [@perspireaunastudio](#), and Facebook - www.facebook.com/perspiremissionviejo.



Media Contact

Perspire Sauna Studio

colton@perspiresaunastudio.com

Source : Perspire Sauna Studio

[See on IssueWire](#)