

Joseph Harounian

As moms we are constantly feeling the stress of daily life And today on moms Matter right here at Focus TV Network I have the founder of Saab Bar Joseph Harun and who's going to talk to us about some really easy ways to destress right in Brentwood in his sauna bar location So we're so excited to have you here today And thank you for having me I have to say I was really impressed when I came in I had heard about infrared sauna pods and I had heard about lymphatic massages I didn't really know what any of it meant until I came in and I slept like a baby after using your pod It was amazing So happy to hear that's why people come in to feel better look better younger and just sleep better feel better right I mean it really does work though I mean these infrared saunas that you have I went in I did a 45 minute treatment I think what is really the benefit of it What does it do So basically infrared saunas they heat your core so that you detox at a cellular level versus conventional sauna that are heating you from outside and you're not really healing your inside So and as you know your head is out so you're breathing fresh air and then after like 30 minutes your body starts pushing out toxins It's not that you are in a sauna that you get hot and your brain is sending signals you need to cool down let's sweat to cool down the body And at the same time it's very relaxing It's great for pain relief And so many benefits that infrared has now all uh lot of organs they really flourish with heat Ok So when you're in there the reason it feels so good and relaxing is because you're giving the body what it needs I mean I passed out and so did my friend we like did like a dual you know therapy together It was a date date day we had together But I really did I mean and I'm not the kind of person who really can meditate and tune everything out right Hence why I'm always stressed right But I really I fell asleep after 15 minutes in the pod I fall asleep every single time in the lymphatic compression massage and in the infrared because it's relaxing your nervous system and you're just shutting down and we are so stressed these days with constantly being on our phones and social media and text messaging whatever it is that we don't just shut everything off and just relax That's right And our nervous system cannot handle that We're overloaded So that's why when people come in we say sorry no cell phones for one hour that you hear this is about you You just need to relax And if you have to force them we take it away and they just afterwards thank us And they're like oh my God this felt amazing It really does feel amazing And I have a lot of friends who have talked to me about

using the sona pods to detox from mercury That really does It really work Yes So in has many benefits Uh detox mercury is one but overall detoxing because you're detoxing to your skin which is our biggest organ And it's a very uh gentle kind of a detox So basically we're heating the body and letting the body release toxins Now whether it's from mercury whether it's medication drugs uh chemo all the things that pretty much makes us toxic and we need to get it out Now we are getting toxic or putting toxin in our body with the environment Stress causes toxins or food our water There's so many factors that we really need to work on detoxing and pushing these toxins out to feel better and get the body to function the best it can Ideally how many days a week would you have to go in and use a sona pad to really detox your body Most of our clients and members come in twice a week But if someone is starting and they really need to detox because of whatever reason they come in every day for a week and then you wanna get like a jump start and then you go down to two or three times a week Um the body reacts to them for it differently So every time you do it sometimes you sweat like crazy Sometimes you completely relax Sometimes it helps reducing pain If you're having pain if you're coming down with a cold or a flu it works on that It just works on whatever needs your immune system and it helps you detox I stress and shed all the stress And what about the lymphatic compression massage which I had which I thought was super cool because it wasn't a woman or a man touching my body I was like in these you know little right So it's a machine that is connected to these um suits that body suit that massages your body with air pressure So it starts from your toes and it pushes the lim to go through stimulating the lymphatic system improving circulation And it's so relaxing because it it feels like poor people are massaging at the same time But why why do that why is that important The lymphatic system is one of the most important systems that we have and it needs to be stimulated It needs to be moving anything that gets stagnant in the body creates huge issues and again relaxing the body and the muscles which just give it So it moves all of the stress that we're holding in certain places in our body and kind of helps And it's also detoxing the lymphatic system by pushing the limp to go to the lymph nodes and detox all the joint that is in our lymphatic system which is all the fluid I say that is in our body So the perfect combination would be to come in and do a lymphatic massage get a treatment and that really does jumpstart you from I mean I honestly personally did it and felt really relaxed that day and I slept really well So it really does work right Most people come and they just try session they fall in

love and they sign up for a membership and they just love It's incredible Well thank you Joseph Thank you for distressing us all Thank you for giving us a chance to feel better and rejuvenated Absolutely I just want to mention infrared is not a new technology when we started in 2008 A lot of people didn't did not know about it There was not enough awareness but it has been in Europe for years Europe Asia And there are a lot of studies if you go online and you put in benefits of Infra Sauna it's incredible and we have been promoting it now It's about 11 years So but finally there is a buzz now and there is awareness starting to get out there It's not mainstream yet but we're looking forward for it Well everyone will remember your name You'll be the soar guru We brought the pot here It's amazing You really believe in it You hear yourself from your own health issues with it Um And you seen it work with all of your clients Yes I'm a big believer Give the body what it needs and you let it heal itself Love it Thank you so much Thank you for having me You met Joseph Harun from Soar right here at Focus TV Network Get in there It's super close right here in Brentwood and make yourself a little healthier and rid those toxins out of your body and we'll see you guys next time