

# Joseph Harounian

<https://silosolo.com/586905>

## Summary

The founder of Saab Bar, Joseph Harun, talks about the benefits of infrared saunas and lymphatic compression massage. Infrared saunas heat your core and help you detox at a cellular level, making them more beneficial than conventional saunas. They are relaxing and great for pain relief. Detoxing through infrared saunas can help with mercury detoxification and overall toxin release. Most clients and members go to the Sauna Bar twice a week, but beginners may start with daily visits for a week. Lymphatic compression massage stimulates the lymphatic system and improves circulation. Stimulating the lymphatic system is important for detoxification and relaxation. Combining infrared sauna and lymphatic massage can help jumpstart detoxification and relaxation. Infrared saunas have been in Europe and Asia for years and are gaining awareness now.

## Silo sample questions

- What is the benefit of infrared saunas?
- How often should you go to the Sauna Bar for detoxification?
- What is lymphatic compression massage?
- Why is lymphatic stimulation important?
- What are the benefits of combining infrared sauna and lymphatic massage?

## Topics

Infrared saunas

Detoxification

Lymphatic compression massage

## Key Takeaways

- Infrared saunas heat your core and help you detox at a cellular level
- Infrared saunas are more beneficial than conventional saunas
- Infrared saunas are relaxing and great for pain relief
- Detoxing through infrared saunas can help with mercury detoxification and overall toxin release
- Most clients and members go to the Sauna Bar twice a week

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