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Fit, Healthy, and Beautiful Nashville: 2018 Guide

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New year, new you – right? For those like me who always vow to start the New Year with a healthier approach, I've put together the ultimate list of my favorite and fabulous local-to-Nashville resources! And, guess what? These recommendations take the mundane out of the process and actually make striving to be healthy bearable. (And *fun*.) Join me in making 2018 the best year and the best you yet.

Pure Sweat + Float Studio

Pure Sweat + Float Studio offers two lovely ways to detox and rejuvenate the body: Full Spectrum Infrared Sauna and Float Therapy, both which deliver an abundance of clinically tested and research-based health and healing benefits. Here's a quick breakdown:

FLOAT: The power of weightlessness (think, you're floating in the Dead Sea kind of weightlessness), total stillness and Epsom salt water act together as a healing force, and allows deep physical recovery and mental relaxation to be achieved. Benefits Include: Deep relaxation and reduced stress; back pain relief; joints and sore muscles, increased endorphins; decreased cortisol, ACTH, lactic acid; lower blood pressure; hair/skin health. LOVED it.

SAUNA: Rid yourself of those nasty toxins, y'all. Pure Sweat + Float Studio's exclusive Triple Wavelength Infrared Sauna Therapy produces a ton of health benefits. This type of therapy is known to be effective in the treatment of various medical conditions: Cardiovascular issues, physical ailments and injuries, weight/fat loss and skin health: Detoxification, Weight Loss (up to 600 calories per session), Lower Blood Pressure, Pain Relief, Improved Circulation, Weight Loss, Cell Health, Wound Healing, and Anti-Aging. Bonus, each unit is outfitted with speakers and a digital screen, so you can listen to music or watch Netflix while you sweat. Combine float + sauna for the ultimate detox, or try one or the other individually. I went for both and could feel *immediate* results.