



Left to Right: Ana R. Arrizon, Luis F. Ramos and Ana R. Ramos

This picture shows the Sunlight sauna along with some of the other equipment we have to provide customized Hollistic treatments in a 2,800 square feet facility.

In our therapy center we specialize in Cleansing (DeTox), Pain, Stress, and Weight Management; however, the Sunlight Sauna along with other equipment we have assist people to better their overall health . One of our tasks is to educate people on how and when to eat. Our main goal here is to help provide a better quality of life to people who come to our therapy center –You deserve to be pain and stress free.

We have seen great results on our clients after they use the Infrared Sunlight Sauna. At first they couldn't believe, all the different areas of their bodies that the sauna improves. After one or two sauna sessions, people tell us that some pains, stress and that they feel more energetic and that they can sleep better after using the sauna.

We invite everyone to visit our facility located at 1302 National City Blvd., Ste C in National City, CA 91950.

We also provide Bio-Feedback therapy and Reflexology along with natural supplements to complement our Hollistic treatments.

Stop by and take the first step towards a better health.