

# Centered Therapies

would like to say **Thank You** to all of our local **First Responders**  
with a **50% discount** on any

**Infrared Sauna session through April 14<sup>th</sup>, 2017\***

Also, **10% off** your **1<sup>st</sup> Massage Therapy Session** with Amber  
Huffman, LMT for new clients in March & April.



First responders are proven to be exposed to toxins on a regular basis, which makes the use of infrared saunas particularly important. Over 60 years of research and especially studies conducted on **World Trade Center responders** have shown saunas help your body release a number of toxins including mercury, lead, arsenic, aluminum, cadmium, nickel, industrial chemicals, pesticides and herbicides.

An Infrared Sauna is a dry sauna that uses infrared light waves which your body feels as heat. They are proven to detoxify, boost your immune system, strengthen heart health, improve circulation, provide pain relief, skin purification, and relaxation.

For more information see our website: [www.centeredtherapies.com](http://www.centeredtherapies.com)

**To schedule your appointment:  
contact our front desk or book online at:**

**[www.centeredtherapies.com](http://www.centeredtherapies.com)**



**Centered  
Therapies**

**Find Your Healing Within**

2185 E. 53<sup>rd</sup> Street

Davenport, Iowa 52807

(563) 355-0081

\*Must present an employee ID. Valid for firefighters, police personnel, EMT's, paramedics, and active and discharged military personnel of any branch. Can not be combined with any other offer.  
Excludes gift card purchases.