

FLOATING SAUNA & WELLNESS

# FLORDIC SAUNA

CONTRAST THERAPY

7 PM	MONDAY
7 PM	WEDNESDAY
7 PM	THURSDAY
630 PM	FRIDAY
630 PM	SUNDAY

## ALSO AVAILABLE

- PRIVATE SESSION
- GROUP SESSIONS
- COLLABORATION
- HOURLY RENTALS

Sign up at  
[Flordicsauna.com](http://Flordicsauna.com)





# FLORDIC SAUNA

Immerse yourself in the soothing warmth right on the lake.

Experience the soothing warmth that melts away stress and tension while promoting detoxification through rejuvenating sweat. Enjoy improved circulation for a healthier heart and radiant skin. Feel relief from muscle and joint pain, and breathe easier as the warm air supports your respiratory health. Plus, boost your immune system and enjoy better sleep quality.

## WEEKLY COMMUNITY CLASSES

- Monday (7PM)
- Wednesday (7PM)
- Thursday (7PM)
- Friday (630PM)
- Sunday (630PM)

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PRIVATE 1:1 SESSIONS  
\$75 (ALLOWED 1 GUEST)

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PRIVATE BOOKING 1.5HRS  
\$250 (FITS UP TO 10 PPL)

PRIVATE BOOKING 3HRS  
\$400

\*\* ICE BATH INCLUDED \*\*



## LOCATED AT

THE OSPREY VIEW VINEYARD &  
WEDDING VENUE

11502 THONOTOSASSA RD  
THONOTOSASSA FL 33592

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