



545 Lawrence Avenue 101A Kelowna British Columbia

Kelowna North

\$250,000



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Your body and mind are deeply interconnected. The way you think can impact how you feel, and how you feel can, in turn, influence your thoughts. The body responds to stress: constant worries about career, finances, or other life challenges can lead to muscle tension, pain, headaches, and digestive issues. Over time, this may raise blood pressure or contribute to other serious health problems. Chronic pain or ongoing health issues, such as heart disease, can also affect your emotional well-being, leading to anxiety, depression, and even more stress -- which, in turn, influences how well you manage or cope with your condition. At Amour Mio Sauna, we address these issues holistically. Our sauna therapies are designed to alleviate stress, relax muscles, and promote overall well-being, helping you restore balance to both mind and body. Here, you'll find a place to unwind, recharge, and reconnect with a healthier, more balanced you. Relaxation and Stress Relief: Sauna is not just about heating; it's a complete relaxation experience for your body and mind. Enjoy the sensation of relaxed muscles and stress relief. Socializing and Making New Connections: Our sauna is not only a place for relaxation but also for socializing. Here, you can enjoy conversations with friends or make new connections. Boosting Creativity: After the sauna, you'll feel refreshed and ready for creativity. This...

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