

Wellness Features

- Red Light Therapy
 - MHAC brings you a medical grade Red Light Therapy bed that maximizes your red light therapy bed that can reduce:
 - Signs of Aging
 - Encourage hair regrowth
 - Minimize acne
 - Improve cognitive function
 - Ease chronic pain by reducing inflammation and improving circulation (2026 UCLA Health)
 - Improve skin conditions by increasing collagen production and blood flow, reducing redness and skin irritation.
 - Improving psoriasis, acne, wrinkles, eczema, hair loss, minor wounds.
 - By increasing cell production by stimulating the mitochondria and reducing inflammation, it can give relief to muscle and joint pain
 - (Brown University Health)
- Chill Zone-Featuring:
 - Hydro massage
 - Use heated water jets that are targeted and customizable with a combination of flotation, heat, and massage to provide relief to sore muscles, decrease inflammation, reduce stress, and improve circulation.
 - Cryo Lounger
 - Uses cold therapy to target exact muscle groups to reduce inflammation and numb sore areas.
 - By using contrast therapy to alternate between cold and heat during a single session to increase blood flow to muscles while constricting vessels in other areas to reduce swelling.
 - Provides the benefits of an ice bath or cryo chamber without getting wet or experiencing shock to the body.
 - Human Touch Massage Chairs
 - Provide physical and mental wellness including pain relief, improved blood circulation, and stress reduction.
- Vibrasonic
 - Applies high frequency vibrations and sonic pulses for targeted benefits of deeper muscle and joint relief.
 - Improve circulation and reduce stress
- Infrared Saunas
 - Allows for a deeper, detoxifying sweat at a much lower comfortable temperature compared to a higher temperature traditional sauna.
 - Provides for pain and inflammation relief by increasing blood flow.
 - Cardiovascular support by gently increasing heart rate and circulation.
 - Stress relief with soothing warmth that relaxes muscles and releases endorphins.
 - Skin rejuvenation improves blood flow and deep sweating to boost collagen production, stimulate cellular turnover and clear pores.
- Dry Sauna
 - Similar to infrared saunas but more intense with higher temperatures.
- Steam Room
 - Using moist heat (110-120 degrees) to promote wellness and respiratory health through decongestion, enhanced circulation, accelerated post workout muscle recovery, skin hydration, pore clearing and deep mental relaxation.
- Hydro Therapy Spas
 - Indoor and outdoor hot tubs provide a blend of passive heat and hydrotherapy that improves physical and mental well being.
 - Regular usage effectively relieves muscle tension, soothes arthritic joints, lowers blood pressure and promotes deeper relaxation and restorative sleep.
 - U of O research shows hot tub usage can activate the immune system.