



Pause Studio Heats Up Their Digital Marketing With Bliss Drive Partnership

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Pause Studio, a wellness spa offering cutting-edge solutions for achieving vitality and quick recovery, has recently partnered with Bliss Drive, a full service SEO and digital marketing agency, to help spread awareness of Pause Studio's modern wellness services. Pause Studio has two locations in California, with studios in Venice, CA and West Hollywood CA, while Bliss Drive has offices in Los Angeles, CA and Irvine, CA.

Pause Studio's modern wellness services include Infrared Saunas, Flotation Therapy, Cold Plunge/Contrast Therapy, Cryotherapy and Vitamin Infusion Therapy. According to the Pause Studio website, these services help to boost immunity and support physical and mental recovery.

As can be seen on Pause Studio's Infrared Sauna Page, Infrared Saunas help the body to detoxify, increase circulation, burn calories, purify the skin, boost immunity and relax. The page goes into further detail, stating that sweating is one of the body's most natural ways to eliminate toxins and heating the muscles with infrared rays produces an increase in blood flow similar to that seen during exercise. Studies have shown that an infrared sauna session can burn upwards of 600 calories.

The other services offered by Pause Studio also offer plenty of benefits for the body. According to their website, Contrast Therapy, which involves both heat and cold, can boost our immune system by stimulating the lymphatic system and lowers the body's inflammation and increases production of the master antioxidant glutathione that continually improves immune cell function. Cryotherapy, which is only offered at the West Hollywood location, offers similar assistance with inflammation and can also help with muscle pain. Meanwhile, Flotation Therapy speeds the recovery of muscles and joints after training sessions, and helps restore postural alignment.

Pause Studio also offers Vitamin Infusion Therapy. According to their website, Intravenous (IV) Vitamin Drips deliver vital minerals, vitamins, and amino acids directly to the bloodstream for maximum absorption to replenish, nourish, and heal your body at the cellular level. The website has descriptions for several different types of drips with different purposes, such as Immunity Super Agent, Hangover Cure and Multivitamin Superstar.

Both Pause Studio locations are open for flotation therapy and infrared sauna sessions from 9:30am to 9:30pm daily. The Venice Pause Studio is located at 13353 Washington Blvd, Los Angeles, CA 90066 and the West Hollywood Pause Studio is located at 937 N Sycamore Ave, Los Angeles, CA 90038. To contact the Venice Pause Studio, interested readers can call (310) 439-1972, while the West Hollywood location can be reached at (310) 565-9381. To book an appointment at either location, interested parties can visit the Pause Studio website at <https://pausestudio.com> and click the Book Now button.

To learn more about Bliss Drive, the digital marketing agency helping to boost the online visibility of Pause Studio and other local businesses in a variety of industries, readers can click here to view the Bliss Drive website.

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For more information about Pause Studio, contact the company here: [Pause Studio Natalie Boyle natalie.boyle@pausestudio.com](mailto:Natalie.Boyle@pausestudio.com) 937 N Sycamore Ave, Los Angeles, CA 90038

Pause Studio

Pause offers modern wellness services that boost immunity and support physical and mental recovery to help you live, work, perform and sleep better.

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