

Sauna Tips

- Before your session drink plenty of water and reduce your caffeine intake from coffee, tea or pop.
- Drink plenty of water after your session to rehydrate.
- Do not use lotions or oils on your skin as they block the pores and reduce the body's ability to perspire.
- A typical sauna session can run anywhere from 20 minutes to one hour. Start with 20-30 minutes and increase the time based on your comfort level. It is very important to listen to your body and respect your own comfort levels.
- Bring at least one large bath towel to your session. Sit with one towel under your body and one under your feet (a washable bath mat also works well), a third smaller towel or the face clothes provided can be used to wipe the sweat from your face.
- Set the sauna to the maximum temperature of 66°C in order to receive the infrared benefits the entire sauna session. If it gets too warm for your comfort, open the fresh air vent and if it is still too warm you can open the door for a few seconds.
- If 66°C is too warm to start with, enter the sauna when the temperature is at 30-40° and allow your body temperature to rise with the temperature of the sauna.
- Remember as you sweat out toxins and chemicals, you will also lose some of your needed nutrients and vitamins. If you are using the sauna on a daily basis and start to feel tired or lack energy it is advisable to supplement with trace elements.
- Everybody sweats at a different rate. The average person will begin to sweat within 10-20 minutes in the sauna. To maximize the amount you sweat, try the following:
 - Exercise prior to your sauna session to elevate the heart rate further and increase your core temperature. A warm shower will do the same thing.
 - Brushing your skin with a skin brush or a loofah sponge will increase circulation, enhance your immune system and remove dead skin.
- At the first signs of a cold or flu, increasing your sauna session can be beneficial in boosting your immune system and decreasing the reproductive rate of the viruses.

Thank yourself for what you have done for your body. Infrared is a phenomenal health tool and your body will definitely appreciate it!

