Infra Red Sauna instructions

Cautions/contraindications.

Please hydrate well before, during and after the sauna. The sweat that pours out during a sauna session can leave your body's fluids low. Bring water in with you. Sports drinks with electrolytes may also be a good option. The recommended temperature for first use is 50-55 degree and maximum 60 degrees for repeat use. The high temperatures of steam saunas are not necessary for infra red saunas.

Avoid mixing alcohol with sauna use.

Sauna use is viewed as a safe activity. However, be aware of the potential for dehydration. If you suddenly feel dizzy or nauseated get out of the sauna immediately and alert someone.

You may also want to avoid using infra saunas in certain situations such as pregnancy, if you have high blood pressure or MS, or if you have a pre-existing medical condition.

It will take at least 30 mins for the sauna to heat up. For first use start **low and slow.** Dial down the temperature and keep your sessions short when you begin using an infra red sauna. Start around 50 degrees for 5-10 mins and then build up from there, depending on your medical health. Take a break whenever you need to.

Even if you are an experienced sauna user keep sessions to 30-40 mins to avoid putting too much stress on your body. Its best to limit sessions to 3-4 session a week too. Once your body is warmed it is a good time to stretch your muscles out.

Please use a towel to sit on and another large towel to wipe down until you are able to shower.

Infra Red sauna benefits (indications)

Improved heart health - within minutes beads of sweat appear on your skin, your blood vessels widen and increase blood flow. Your heart rate increases. Infra red saunas can help boost heart health and reduce blood pressure. Researchers equated an infra-red sauna session to walking at a moderate pace.

Soothing sore muscles - the improved blood circulation can help speed up muscle recovery following physical activity. Regular use may even help athletes improve performance.

Relaxation - warming your body seems to warm your soul too. Setting aside some sauna time may help decrease depression, anxiety and stress. Basically, think of it as a meditation session in warmer temperatures.

Better Sleep - a bonus benefit to being more relaxed?

Fighting off illness - there is evidence that regular sauna use can help you boost immunity and reduce oxidative stress which is associated with cardiovascular disease, cancer and degenerative diseases like dementia.