

Welcome to your Infrared Sauna Session:



PRE SAUNA SESSION PROTOCOL:

- BEFORE you arrive hydrate with at least 8oz of water to prepare your body for an increase in core. Do not drink water during your session.

YOUR SAUNA SESSION PROTOCOL:

- Begin your session when the sauna reaches 100F
- The **OPTIMAL** sauna experience occurs between 100F and 130F
- To get your body accustomed to infrared therapy, start with 10-15 minute sessions at 100F every other day.
- Gradually increase towards 40 minutes sessions in the optimal temperature range.
- Don't be surprised if you do not sweat during the first few sessions. Sweating will increase with regular use, removing toxins and leaving you feeling refreshed. If you do not sweat or it is difficult for you to sweat your body will have to condition itself over a period of time (up to a few months) to be able to sweat.

AFTER YOUR SAUNA SESSION:

- Drink at least 24oz of water or electrolyte to rehydrate after your session.
- You can do the following: *Please remember to bring your own towel(s)*
 - Dry off with your towel
 - Cool down naturally
 - Take a refreshing shower - within 1 hour of exiting the sauna
- Make sure to schedule your next session

NOTE: For more information on Infrared Sauna benefits please see our front desk for an informational handout.