

Be. Sauna Tips and Considerations

Stay Hydrated! It's the most important rule of sauna use. Recommended at least 3 pints of water before, during, and after your sauna session. It is never safe to drink alcohol before or after sauna use.

Wait at least 1 – 2 hours after eating before beginning a far infrared sauna session. This allows your body to attain the best overall results, since blood is not being diverted for digestion.

No skin lotions. Do not use skin lotions or oils before or during your sauna session as this will inhibit sweating and clog up pores.

Sauna Apparel. Lightweight clothes are okay. Swim suits are better.

Towels. How many towels you bring into the sauna is up to you. You will probably appreciate having one towel to sit on or lay on. One towel to help wipe off and absorb perspiration as it accumulates on your body so that you sweat more. One towel placed under your feet to catch any perspiration that might otherwise fall to the sauna floor.

Sauna Temperature. Set your sauna temperature to 115 -135 degrees F to begin infrared sauna warm up. When sauna reaches 90-110 degrees F, it's time to begin your session.

Sauna Session Timer. Start Slowly. When you first begin to use your infrared sauna. After you begin to break a sweat, a 10 -20 minute session is recommended. Do not exceed 60 minutes in the sauna per session.

Sauna Session Activities. By stretching your arms, legs, neck, back area, etc. during your far infrared sauna session you can achieve increased body flexibility, range of motion, and reduce chronic stiffness and problem areas. Massage congested and “knotty” muscle areas to help alleviate soreness, pain and tightness. Massage the area around old injuries to help bring more oxygen to the damaged area. This will assist in bringing improved healing to old injuries.

Cool Down. When you finish your sauna session, it is important to relax and cool down while your body continues to perspire and cool. Find a quiet location and sit quietly or recline with a towel or robe around you for about 5 - 10 minutes.

Shower. Once you have cooled down it is a good routine to take a warm shower, exfoliate your skin to thoroughly clean and remove sweat residue, old skin cells and any toxins that have risen to the surface of your skin. Once your body is thoroughly clean, cool the shower to help cool down your body completely and close the skin pores.

No Sweat: You may not sweat a lot during your first 2-3 sauna sessions. This is normal for many people, as they haven't had a recent history of sweating, and it takes a few sessions to “retrain” the body/ lymph system to do what comes naturally.

Listen to your Body: Take care not to overheat during your first few sessions. If you feel lightheaded, have a queasy stomach, or start to get a headache, terminate session immediately.