



How to Prepare for the Sauna:

- Please do not apply anything to your skin before your sauna session.
- Please wear a swimsuit/workout clothes, bring a water bottle and reading material (if you'd like). Bottles of water are available for purchase if you forget.
- There will be spa music playing in the sauna room. The sauna also has a Bluetooth feature if you would like to play your own music. Some devices could overheat inside of the sauna. Phones emit EMF, so if you are trying to avoid EMF download music or programs prior to coming and turn your phone to airplane mode.
- Do not use the sauna if you have a fever. Consult your physician for the treatment of this or any other medical conditions.
- I recommend drinking a glass of filtered water with a dash of sea salt prior to or during your session.

How to Use the Sauna:

- Please sit on your towel in the sauna. Your back should be against the backrest with your front facing the door.
- Avoid skin-to-wood contact to preserve the quality of the wood and to maintain sanitary conditions.
- You can induce more sweating if you take a hot/warm shower or bath before your sauna session. Drinking hot liquids, exercising, or brushing the skin with your towel or a skin brush can increase perspiration.
- Do not eat anything an hour before your sauna session. It is best to use the sauna on an empty stomach. You are more likely to feel uncomfortable sitting in a sauna with a full stomach. NEVER consume alcohol/drugs before sitting in a sauna.

***YOU ARE STILL BENEFITTING FROM THE INFRARED THERAPY IN AS LITTLE AS ONE USE. ***

- Start slowly. At least 1/3 of the population (especially women and the elderly) are heat intolerant and do not sweat even with vigorous exercise. Don't be concerned if you don't perspire during your first few sessions in the sauna. Often, it is necessary for our bodies to re-learn this important thermo-regulatory function. You will still be releasing toxins via stool and urine even if you're not perspiring.
- Begin by using the sauna at a low temperature setting (100°F) for 10-15 minutes. (You may enter the sauna as soon as the temperature is comfortable for your mode of dress.)
- Increase your time by 5 minutes per session and in temperature increments of 3-5°F as tolerated, working up to a 30-minute session at 130°F. I do not allow patients to use the sauna at temperatures over 130°F or in excess of 30 minutes. You do not need to preheat sauna to the full temperature—you may enter the sauna at 98°F and stay in as the temperature increases.

- When the temperature reaches the level set on the control panel, the heaters will turn off and on periodically in order to maintain the set temperature inside the sauna. The heaters continue to emit far infrared as they cool.
- The ceiling vent and/or fan can be used at any time to introduce fresh air into the sauna. You can also open the door to introduce even more fresh air into the sauna. Infrared's unique property of heating the body directly without heating the space in between allows the users to enjoy all of its benefits while the vent or door of a sauna is open for ventilation.
- Perspiration will usually begin within 10 to 15 minutes after stepping into the sauna.
- To make the most out of your sauna session, you may want to massage your muscles while in the sauna. Stretch your arms and legs, massage your neck, massage your feet, etc.
- To avoid reabsorption of toxins, wipe off accumulating sweat with the second towel.
- Relax. If you are particularly stressed, postpone until you are more relaxed. If at any time you become uncomfortable or light-headed, leave the sauna immediately, take a cool shower, and lie down.
- Exit the sauna immediately if you feel dizzy, sleepy, or have any discomfort.

Sauna Aftercare:

- Rehydrate. Remember the importance of hydration to help your body release toxins. Coconut or mineral water helps replenish minerals.
- Shower within 2 hours of sauna use. Research shows that a cool to cold shower can enhance the benefits of your sauna session.
- Eating a meal high in protein can help your body recover.

Safety/Risks Associated with Sauna Use:

- If at any point you begin to feel dizzy, sleepy, or lightheaded, please exit the sauna immediately and notify staff.
- Do not use the sauna if you are pregnant or nursing.
- Using a sauna in conjunction with consumption of alcohol, drugs, or prescriptions may cause unconsciousness and is not permitted.
- Please consult Amy Miley LAc, MSOM. (or your physician) prior to sauna use. Patients with severe fatigue, Lupus, Or Multiple Sclerosis should discuss far infrared therapy prior to use. Use of far infrared therapy for hemophiliacs is contraindicated.

(Modified from a handout from Dr. Caitlin Gordon, DAC)