



## FIRST TIME INFRARED SAUNA GUIDE

### BEFORE YOU ARRIVE

- Make sure you drink lots of water before your sauna session
- Do not drink alcohol before your sauna session
- Having too much alcohol the day before can make you feel extra dehydrated in a sauna and is discouraged

### AT YOUR APPOINTMENT

#### Introduction

A team member will bring you into the sauna room and give you a brief walk-through of the program settings and options. This is a great time to share anything that is going on with your body or mind and ask any questions. The team member will make sure that you are completely comfortable before starting your session.

#### Embark on Your Sauna

Lightweight shorts and a tee shirt are fine to wear in the sauna. Swimsuits are better. Wearing nothing is fine, too. The more skin you have exposed, the better. It is easier to wipe away sweat when there is no clothing in the way.

#### During Your Sauna

In order to get the most benefit out of your sauna, you might want to try stretching your arms, legs, neck, back area, etc. to 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.

#### After Your Sauna

When you finish your sauna session, it is important to relax and cool down while your body continues to perspire. After changing back into your clothes, join us in our “relaxation” room to enjoy some tea and cool water. It’s very important that you continue to drink water all day to help flush out additional toxins and rehydrate.