

## INFRARED SAUNA PROTOCOLS

1. Fold your towel in half and sit on your towel so less sweat gets onto the wooden bench. You may use an additional provided towel to place behind your back if you choose to lean back. As much as possible, we want to not drip sweat on the wood. Leave the two towels in place on the bottom walkway.
2. Turn the Sauna ON. The heat setting should be between 120- 135 degrees. DO NOT turn the heat past 135 ever. You may stay in the sauna for up to 40 minutes, but you can get out sooner if you feel you need to. For maximum benefits you need to sweat at least a full 20 minutes. Turn the Sauna off when you get out.
3. You may turn on the lights and choose any color you like. There is a light panel on the outside and the inside.
4. Do not bring any type of water bottle into the sauna with you. We do not want water spilling inside the sauna. It will ruin the wood. Drink before and after your sauna session. You must stay well hydrated. Do not bring a phone or electronic device into the sauna with you. Leave it on the table.
5. When you get out of the sauna, there are wipes provided and RO water. You also want trace minerals. Spoon out  $\frac{1}{4}$  tsp of Celtic salt from the salt container. Place the salt into your hand, then into your mouth, and drink down with a cup of water.
6. If any sweat did drip onto the wood, please use a very small amount of spray from the spray bottle and wipe it up with one of the yellow cloths or sponge.
7. A laundry basket is provided underneath the table. You can place used towels and cloths into the laundry basket.
8. If you use the sauna for the full 40 minutes you will have an additional 20 minutes of privacy if needed to wipe off, drink water, and clean up before anyone else is scheduled.
9. If you start to feel nauseous, have a headache, dizzy or extreme fatigue, get out of the sauna and take a break.
10. Drink lots of water when you get home and take a shower to clean off toxins you sweat out. Some people may not sweat a lot the first few sauna sessions. The more you sauna the more efficiently you will sweat. Recommended 2x per week to sauna.

