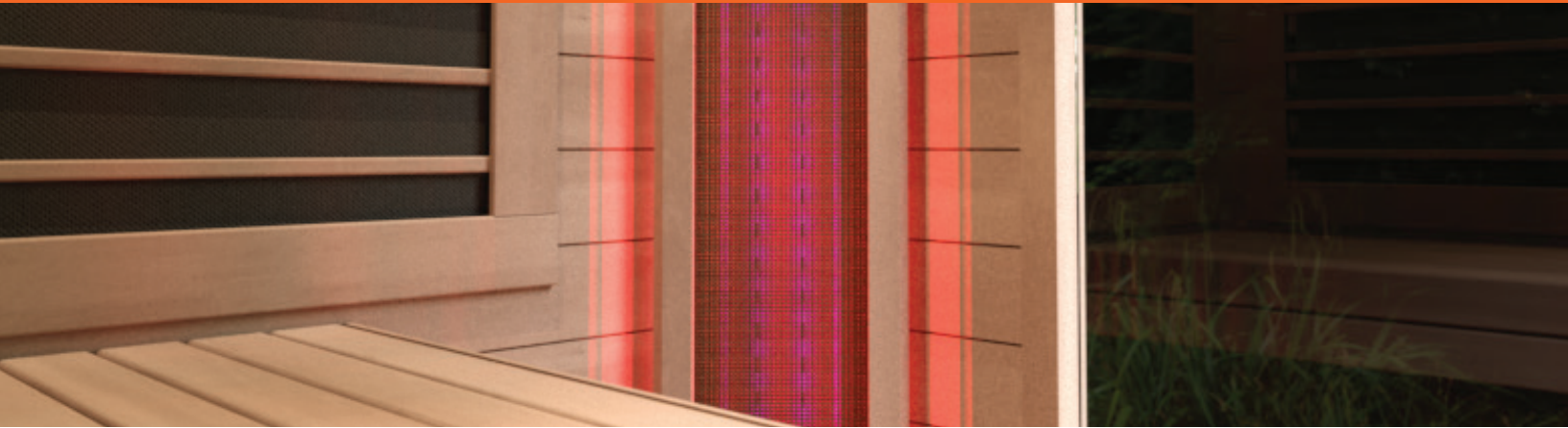


SAUNA PROTOCOL

Your guide to the optimal full spectrum infrared sauna experience



PRE-SESSION

- Wait at least 1-2 hours after eating before beginning an infrared sauna session.
 - Hydrate with a minimum of 8 ounces of water to prepare for an increase in core body temperature.
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SAUNA SESSION

- Optimal sauna experience occurs between 100° and 130°F. If you prefer a more intense experience, let our staff know. The sauna will heat up to 165°F.
 - Listen to your body and adjust based on what it's telling you. If you feel flu-like symptoms, discontinue and let our staff know.
 - Everyone sweats differently. You may not sweat during the first few sessions. Sweat will increase with regular use.
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POST SESSION

- Rehydrate with 8 to 24 oz. of water or electrolyte drink to replenish fluids.
- Use your sauna session as a warm-up before exercise and continue with your next activity.
- Or, dry off with an absorbent towel, then cool down naturally or with a shower.

