

## INSTRUCTIONS FOR USE OF FAR INFRARED (FIR) SAUNA

First of all, make sure that you have read and understood the **Advisements & Contraindications** handout to make sure you are a good candidate for FIR Sauna. If in doubt, please consult with your medical doctor or one of our practitioners.

### What to Bring

- You will be provided with 3 towels; one to sit on, one to place under your feet, and one to wipe down with; however, you may want to bring another towel(s). Sweating is one of the physiological effects that we want to encourage, and wiping yourself dry during the session will encourage more sweating.
- Please bring a bathing suit, as FIR Sauna sessions are best done with as few clothes on as possible.
- You may want to bring your own flip-flops; if you do, please ensure that they are clean, indoor shoes as we want to keep our sauna as clean as possible.
- There will be music available, but you may want to bring some reading materials. We suggest physical books instead of an e-reader, as it will get quite hot!
- Please bring your own water bottle, preferably not plastic; we can provide filtered water, along with electrolyte salts (recommended to replace the electrolytes you will be sweating out). Hydration before, during and after is very important, and we will remind you to drink lots of water!!!

### Before the Session

- Make sure you're well hydrated before your session.
- Try not to have a large meal just prior to your session.
- Avoid putting body lotion on prior to your session.

### During the Session

- Place the large bath towel across the bench and backrest, and a small towel on the floor for your feet
- Keep your water bottle on the ground, on either side of the bottom heater; these are cool zones.
- Make sure you are drinking water throughout your session!
- You will be entering the sauna when the temperature is about 27 - 28°C, and while you are in there, the sauna will slowly heat up to a preset temperature (between 40-55°C).
- You may not notice much sweating during your first 1-3 sessions, but as your body begins to detoxify, sweating will increase.
- As you sweat, wipe yourself dry with the smaller towel; the more you wipe, the more you will sweat & detoxify.
- If you are feeling a little too warm, you can open the window and breathe some cool air; this will help you to feel cooler and tolerate the heat better.
- *In the rare event that you experience pain and/or discomfort, immediately discontinue sauna use, and exit the sauna. If you find yourself unable to leave the sauna, please call out loudly; our staff will enter and assist you.*

### After the Session

- Please exit the sauna and bring all your belongings with you.
- Wet one of the provided towels, and give yourself a good wipe down.
- Get dressed and place the clinic towels in the laundry basket.
- If you feel lightheaded or dizzy, please make sure you drink more water; if you continue to be lightheaded, please call out loudly, and someone will enter and assist you.
- Try to have a shower as soon as you possibly can after the sauna session.