

# Infrared Sauna

Benefits of using an Infrared Sauna are similar to those experienced with a traditional sauna.

Our sauna operates at temperatures between 110 -140°F, resulting in a more comfortable experience. Sessions time: 25-45 minutes



## **Benefits:**

- **Skin Health** - *Sweating carries off deeply embedded impurities and dead skin cells. Through infrared sauna therapy, you can also improve the tone, elasticity, texture, and color of your skin. Increased blood circulation has been shown to relieve acne, eczema, psoriasis, burns, lesions, and cuts.*
- **Joint / Muscle Pain Relief** -*Infrared heat helps peripheral blood vessels dilate to bring relief and healing to muscle and soft tissue injuries.*
- **Athletic Recovery** -*Infrared Sauna can increase blood circulation carrying off metabolic waste products and delivers oxygen-rich blood to oxygen-depleted muscles allowing for a faster recovery. The heat stress also triggers the release of heat shock proteins to facilitate muscle gain.*
- **Detox** -*Infrared Sauna has shown to gently increase blood circulation and stimulate sweat glands, detoxify and release built-up toxins including stored chemicals and heavy metals as well as alcohol, nicotine and sulfuric acid.*
- **Weight Loss / Metabolism Boost** -*Infrared Sauna can increase sweat production which leads to increased metabolism and burn calories.*
- **Improves Sleep** -*Increases serotonin, a powerful hormone associated with relaxation and sleep. Following a sauna, people show more brain waves related to deeper, more restful sleep.*
- Additionally, heat stress causes your body to release the same chemical that causes "the runner's high." Saunas are an easy way to boost performance while relaxing.

**What to wear:** swimsuit made of breathable fabrics or a loose fitting cotton t-shirt or sports bra with shorts to absorb excess heat and let your skin breathe freely.

**What to bring:** water/hydrating drinks for before & after session, towels, clothes to change into, and bag to take sweaty clothes home.

## **Cautions:**

Although infrared saunas are generally **considered safe with no side effects**, there are still some potential risks. As with any sauna, the dangers of infrared saunas include the risk of becoming overheated, dehydrated, or dizzy. You can generally avoid this by drinking enough fluids before and after, as well as listening to your body. Start with lower temp and shorter times, till you find what works best for your body.

- **Pregnancy-** consult your physician before using the Sauna.
- **Children-** The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased

cardiac demands and the inability to regulate body temperature by sweating. The ability to regulate body temperature by sweating is said to occur only after a child has reached puberty.

- **Elderly**- The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature.
- **Implants** - Metal pins, rods, artificial joints or other surgical implants generally reflect Far infrared waves and thus are not heated by this system. The usage of the Sauna must be discontinued if you experience pain near any such implants. Silicone does absorb infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the infrared waves. Since silicone melts at over 392°F (200°C), it should not be adversely affected by the usage of a Sauna. It is still advised that you check with your surgeon to be certain.

### **Contraindications:**

Please review the contraindications listed below before using the Sauna.  
If in doubt, consult your doctor prior to use.

- **Medications** - Diuretics, barbiturates and warfarin. Some over the counter drugs such as antihistamines may also cause the body to be more prone to heat stroke.
- **Cardiovascular Conditions** - individuals with uncontrolled cardiovascular conditions (ie.hypertension), congestive heart failure, or those who are taking medications, which affect blood pressure, should exercise caution when exposed to prolonged heat. Heat stress increases cardiac output/heart rate/blood flow in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system.
- **Recent Injuries**- injuries should not be heated for the first 48 hours or until the hot and swollen symptoms subside.
- **Alcohol / Alcohol Abuse**- Alcohol decreases a person's judgment, therefore they may not realize when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.
- **Chronic Conditions Associated with a reduced ability to Sweat/ Perspire or Insensitivity to Heat**, such as, but not limited to: Parkinson's, Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.
- **Hemophiliacs / Individuals Prone to Bleeding**- Infrared should be avoided by anyone who is predisposed to bleeding.



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