

Our Health Mate full spectrum infrared sauna uses infrared heaters to emit light from the electromagnetic spectrum, including near, mid, and far-infrared light. Infrared light therapy uses light to create heat that is absorbed by the skin instead of traditional saunas that use steam or hot air to create heat in the air. In an infrared sauna, the heat from the light is being absorbed into the skin and heating your body, raising the core body temperature, which has numerous health benefits.

**Benefits of Infrared Sauna use include:**

- Improved circulation and cardiovascular health
- Strengthens the immune system
- Pain management
- Reduces inflammation
- Benefits the skin
- Promotes Relaxation
- Benefits mood
- Stress management

**Cautions & Contraindications for Infrared Sauna Use:**

***Pregnancy*** - Pregnant women should not use the sauna to avoid fetal damage which can occur with elevated body temperature.

***Medications*** - Some medications (both prescription and over-the-counter) may induce drowsiness while others may affect heart rate, blood pressure, circulation and your ability to sweat. Please consult your physician before using the sauna.

***Cardiovascular Conditions*** - Consult your physician first as exposure to prolonged heat may affect your condition.

***Alcohol*** - Do not use the sauna after consuming alcohol, or to sweat out a hangover.

***Chronic Conditions/Diseases with impaired ability to sweat*** - Multiple Sclerosis, Central Nervous System tumors, and Diabetics with peripheral neuropathy are conditions associated with impaired sweating. Consult your physician before using the sauna.

***Hemophiliacs*** - Individuals with bleeding disorders should not use the sauna.

***Fever*** - Individuals with a fever should not use the sauna until the fever is gone.

***Joint Injury*** - Individuals with recent (acute) joint injury with swelling should not use the sauna for 48 hours or until the swelling has subsided.

**Implants** - Metal pins, rods, artificial joints or any other surgical implants generally reflect infrared waves and thus are not heated by this system. Nevertheless, you should consult your physician prior to using an infrared sauna.

**Pacemakers or Defibrillators** - The magnets used to assemble infrared saunas can interfere with the pacemakers. Consult with your physician before using an infrared sauna.

**How to use the sauna:**

The sauna will be preheated for you and towels are located inside the sauna. Additional towels are available on the bench in the changing area. Please be sure to sit on a towel and make every effort to sweat onto towels rather than the wood. Used towels can be placed in the hamper by the door.

It is recommended to take a sauna nude, or you can wear a swimsuit or shorts and a tank top if you prefer.

Do not put any lotions or oils on the body or face prior to using the sauna. This may block the pores and hinder perspiration.

Depending on your condition and personal preferences, session temperature is usually set between 120°F/50°C and 140°F/60°C. If perspiration does not start after 10 to 15 minutes, this usually indicates that the temperature is set too low to obtain good results.

If you feel too hot you can lower the temperature and/or open the vent in the ceiling and/or the door of the cabin.

Recommended temperature and time:

Beginners: 120°F-130°F for 20- 40 minutes

Regulars: 130°F-140°F 30-40 minutes

We recommend you listen to your body and do what feels best at the time.

**During and after a sauna:**

Always drink plenty of water before and after a session. It is recommended to drink 1 liter before and after the sauna. Doing so will replenish fluids lost during perspiration. Please keep water cups outside of the sauna, and step out if you would like to hydrate during your session.

Be sure to towel off excess sweat during your session to help the body perspire more freely.

It is beneficial to avoid showering right after a sauna. Since your body was heated up during the session, it will continue to sweat even after the heaters are off.

**Pricing:** Sauna sessions are on a sliding scale of \$30-\$50 - sessions include up to 40 minutes in the sauna, with 10-20 minutes after to rest, dry off and change

**Package:** Buy a 5 pack for \$150 and get your 6th session for FREE