



SAUNA

The goal of an infrared sauna session is not necessarily to sweat profusely. Sweating may take a little longer than in a regular sauna, but the real benefit comes from allowing the infrared invisible wave technology to penetrate about 3-5mm below your skin and begin to create an increase in core temperature. And, even if you're not using an IFR sauna you can get many other benefits from simply sitting in the heat and allowing your body to kill viruses, detox, and improve the aging/rejuvenation process of your body.

How to Take a Sauna

1. Ideally, get a massage or do the "3-minute self-massage/dry-brush" first
2. Heat the sauna to 120-150° Fahrenheit for an infrared sauna (IFR), or 160 - 190° for a Finnish non-IFR sauna
3. Turn on infrared panels or technology for the IFR Sauna
4. Sit in sauna for 25-50 minutes for an IFR Sauna or 10-20-minutes for a high-heat Finnish sauna
5. Safely get out of sauna sooner if you feel any adverse effects such as light-headedness, weakness, dizziness, heart palpitations, flushed skin, or other uncomfortable conditions
6. Make sure you shower after a sauna, or at least towel off completely to remove any heavy metals or toxins that may be on your skin after having been detoxed