



PRE AND POST INFRARED SAUNA GUIDELINES

Proper sauna use is important; just like we warm up and cool down our bodies when we exercise, there are some basic steps to follow to ensure you gain maximum benefits of using a sauna.

Before Sauna Use:

- Drink a minimum of 8 oz. of water to prepare your body for an increase in core body temperature.
- Prep your sauna: Pre-heat your sauna for 45-60 minutes. Your sauna will heat up approximately one degree per minute, depending on room temperature.
- Lay down towels on the bench to absorb sweat. It's also nice to have an extra around to wipe your face during sessions.

During Sauna Use:

- Watch your time: Make sure to adjust your session length in accordance to your body's needs. If you are just beginning with regular sauna use, it is important to start slow and get your body accustomed to infrared therapy. We recommend beginning with 10-15 minute sessions at 100°F every other day. Gradually increase toward 40 minute daily sessions in the optimal temperature range. Always listen to your body and adjust based on what it's telling you.
- Stick with it for long-term benefits: Just as with exercise or eating healthy, sauna use takes time and consistency to see results. You may not even sweat the first few times you use your sauna but know that sweating (and the detox that comes with it) will increase over time, leaving you feeling rejuvenated and healthy. We recommend Pure Sweat amplifying cream, which increases sweating and circulation to boost results.

After Sauna Use:

- Rehydrate with at least 24 oz. of water or electrolyte drink.
- Dry off and cool down naturally, or with a refreshing shower.

826 Main Street, Klamath Falls, OR, 97601

541-887-8229

Almondaesthetic.com