



# Sauna Therapy

## 101

### HOW TO

- Drink lots of water before, during, and after your session to prevent dehydration.
- Start at a lower temperature and increase each session as your body can tolerate.
- Enter with light clothing, a swimsuit, or naked.
- Read, talk, meditate, stretch, or rest during your session, but do not sleep.
- Keep your session between 15-30 minutes for optimal benefits and safety.

Saunas are buildings or rooms designed to increase your body temperature as a way to achieve many health benefits. Traditional saunas have high heat and low humidity, which promotes sweating. Infrared saunas use infrared light to heat your body more directly, which means the surrounding air is cooler but the physical effects are more intense.

### BENEFITS

- promote relaxation
- improve mood
- support detoxification
- manage inflammation & pain
- relieve muscle soreness
- reduce joint stiffness
- support healthy circulation
- promote lymph flow
- improve sleep
- support healthy skin
- recalibrate temperature regulation



Most saunas range from 150-195°F.

*Avoid sauna therapy or consult your health care provider if you are pregnant, elderly, sensitive to heat, take medications that impact fluid balance/histamine, or have hyper/hypotension or cardiovascular issues.*