



FAR INFRARED SAUNA

What is a Far Infrared Sauna?

Far Infrared Saunas use Infrared Heat, a form of heat that warms objects without having to warm the air between the heat source and the object. A regular or conventional sauna must heat the air so the temperature of sauna has to be much hotter, usually between 180° and 225 ° F. A Far Infrared Sauna heats to 110° - 145° F. The lower temperatures are more comfortable and do not dry out the mucus membranes of the body.

Why this method?

Infrared heat penetrates between one and one half inches below the skin surface, so the body can perspire faster at a lower temperature. The Infrared Sauna enhances the body's ability to detoxify. In a regular sauna, perspiration is primarily water and salt. In a Far Infrared Sauna, perspiration has up to 15% of particulates - chemicals, heavy metals, and other toxins - that are hard to remove from the body. The body's enzymes work more efficiently and circulation is increased. Far-Infrared Saunas are used worldwide by doctors specializing in detoxification programs because they are 2 to 3 times more effective than traditional saunas.

What are the health benefits of an Infrared Sauna?

Some of the health benefits of Far Infrared Saunas include:

- Promotes detoxification of heavy metals and all lipophilic (stored in fat) toxins.
- Helps increase circulation and promotes cardiovascular conditioning.
- Relaxes muscles.
- Stimulates the Immune system.
- Stimulates lymph drainage and circulation.
- Burns calories and can help control weight.
- Beautifies the skin and helps diminish cellulite.
- Minimizes or relieves pain.
- Heat penetrates 1.5 inches deep.

How long should my sauna be?

The Sauna is available in 1-hour appointment slots. This allows for 20-30 minutes in the Sauna, with an additional 20-30 minutes for changing and showering. You should not stay in the sauna any longer than 30 minutes. If this is your first sauna, please use moderation.

There is a notebook of additional information regarding the sauna located in the holder on the wall next to the sauna.

■ 4923 US Route 5, Westminster, VT 05158 ■ phone (802) 722-4023 ■ www.sojourns.org ■



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IMPORTANT PREPARATION FOR AN INFRARED SAUNA

Pre-sauna Instructions:

- Do not eat for at least an hour before your sauna as it can be uncomfortable to sit in the sauna on a full stomach.
- Drink plenty of water before, during and after your session.
- Do not use creams or oils on your skin prior to your session; they can block pores and hinder perspiration.
- Bring 3-4 towels – a bath-sized one to sit on in the sauna, a hand towel to place your feet on in the sauna, a hand towel to wipe perspiration off your body during the sauna and one to shower with if you choose to shower.
- Please read the cautions and contraindications associated with this sauna.
- If you have any concerns regarding a potential conflict, please speak with the Nurse.
- Make sure that you have signed the sauna release form at the front desk.

Sauna Instructions:

- Press “On”. The sauna is preset for time and temperature.
- Please note: the doorknob on the Sauna does not turn. It is for pushing and pulling the door open and closed.
- Place your bath towel on the seat.
- Place your hand towel on the floor.
- Make sure you have a water bottle (not metal or glass) full of water.
- You can turn the light off inside the sauna by pressing the lamp button (in the center of the pad on the interior or exterior of the sauna).
- The sauna will shut off automatically. When the indicator says “End” the sauna is off. If you have not turned the light off it will remain on for a few minutes before shutting itself off.
- When finished, remove your towels and water bottle from the sauna.

For maximum benefit:

- Massage your limbs and torso to increase circulation and to help exfoliate your skin.
- Wipe off perspiration during the sauna to keep your pores clear.
- If you feel uncomfortable, open the sliding window or the door, or leave the sauna.
- If you feel light-headed or heat-exhausted leave the sauna immediately.
- To help relieve sore and tense muscles, massage the affected areas while inside the sauna.
- Any area where you wish to receive a specific deep heating effect should be moved as close to the heating elements as is comfortable.
- To treat your ankles and feet more effectively, elevate them in the sauna.

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