

SAUNA INFORMATION

- Infrared sauna produces the same infrared heat produced by the sun. Infrared heat is required for all living things for optimum health. The radiant heat from the sauna surrounds you and penetrates deeply into your joints, muscles and tissues increasing oxygen flow and circulation. Using the sauna helps to remove impurities from your cells, specifically the cells inside our fat where our body stores waste and harmful toxins such as cholesterol and heavy metals. When used properly, the infrared sauna will help improve your overall wellness.
- Choosing to take a shower or swim before a sauna session will further promote perspiration, however you must dry off thoroughly as excessive water and perspiration can stain the cedar timber.
- Please place at least one towel on the bench seat, *Flow Pool + Studio* can supply these. We recommend having a hand towel within reach to wipe away excessive perspiration from your body.
- Always drink plenty of water before, during and after your sauna session – doing so will replenish fluids lost from perspiration.
- Do not use the sauna immediately following strenuous exercise – allow at least 15 minutes for the body to cool down.
- The use of alcohol, drugs, or medication prior to or during the sauna session may lead to unconsciousness.
- Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior to using the sauna.
- Persons using medication should consult a physician before using the sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure, and circulation.
- Opening the roof vent and/or door allows fresh air to enter the sauna without impacting the effectiveness of the infrared sauna.
- **To safeguard against burns, DO NOT touch heaters or lamps directly**