



Far Infrared Sauna Pre-Treatment Recommendations

- Sauna sessions should be limited to no more than 30 minutes and temperatures must stay below 150 degrees Fahrenheit.
- It is always important to maintain proper hydration levels during far infrared therapy. Dehydration will actually increase carbohydrate utilization and cause less fat to be burned for energy. We highly recommend drinking a minimum of 4 oz. of water prior to entering the sauna and a minimum of 8 oz. of water after sauna use. Water bottles are not permitted in the sauna.
- Please consult your physician if you are in doubt regarding your ability to use the far infrared sauna for health reasons.