

FAR INFRARED SAUNA INSTRUCTIONS

WHAT TO BRING:

- ❖ 2 large towels, one to sit on and one to put on the floor of the sauna. Please put your towels over the towels already placed on the bench and the floor.
- ❖ 1 hand towel or wash cloth to wipe the sweat away.
- ❖ 1 very large container of drinking water. It is very important to rehydrate during and after the sauna.
- ❖ a book or reading materials of your choice, unless you would like to meditate or sit quietly.

Please do not wear make up or perfumes.

HOW TO SET THE SAUNA:

Unless Dr. Stern designates an individual temperature for the sauna your target temperature will be 120 degrees. When you begin your session, the temperature should be 10 degrees below your final target temperature. The up and down arrows on the control panel move the temperature in 10 degree increments. Use the up arrow to set the temperature to your target temperature. Do not exceed the prescribed temperature.

Set the timer to 20 to 30 minutes depending on what Dr. Stern recommends. Please do not exceed this time. If at any time you feel uncomfortably hot before the prescribed time is finished, you may open the sliding window in the door, the vent in the ceiling or the door itself to cool down.

If you feel faint or uncomfortable, turn off the sauna and finish your session.

WHAT TO EXPECT:

Do not expect to sweat very much during your first visit. Even without increasing the temperature inside the sauna, you will begin to sweat after several sessions. Sweating rids the body of toxins through the skin (the body's largest organ of excretion). You will also be eliminating toxins via the kidneys and large intestine. Therefore, it is essential to drink plenty of water before, during and after your sauna session. Drink at least 8-12 oz. of water immediately prior and 12-24 oz. during and after each session.

You may feel tired or lightheaded following the sauna. A few bites of fruit and organic minerals should handle that. The goal is to detoxify without strong detox symptoms (headaches, fatigue, strong body aches). Following these instructions will minimize these symptoms. Let us know if you are having any problems, whatsoever.

PAYMENT \$20.00 PER SAUNA