

How to Use an Infrared Sauna

Using an infrared sauna is easier than you think. There are simple guidelines you can follow to increase overall beneficial results from your sauna sessions. As you become more familiar and comfortable with your infrared sauna, you can adjust these guidelines to fit your personal needs.

Always remember to drink plenty of fluids prior to, during, and after your sauna session. Begin by preheating your infrared sauna to a desired temperature. This can take anywhere from 20 to 30 minutes depending on the size of your sauna and the ambient temperature. The most common temperatures for beginners will be in the range of 110° F to 118° F. Experiment within this range to find what is comfortable for you.

While you are waiting for your sauna to preheat, there are a few ways you can prepare for your sauna session. Taking a warm bath/shower or doing some light physical exercises will prepare your body for the sauna session. These activities will shorten the amount of time it will take for your body to begin perspiring once you enter the sauna.

Now you are ready to begin your session. Start with one or two sauna session(s) per week. When entering the sauna, wear as little clothing as possible. Infrared rays have difficulty penetrating clothing. Take at least two towels inside the sauna with you, one to sit on and the other to wipe away perspiration. Adjust the timer to reflect a 15 to 20 minute session. Gradually, you can increase this time with future sessions.

Use your session to relax, meditate, and escape from your everyday stress. Enjoy the benefits of your infrared sauna as you detox your body through perspiration. Massage areas of the body that ache to relieve sore and tense muscles. From time to time, wipe off the excess perspiration to allow for more intense sweating. If at any time you feel dizzy, sleepy, or any discomfort, exit the sauna immediately.

After your sauna session is over, turn the power off and sit in the sauna with the door opened slightly for about 10 minutes and let your body cool down. Although the sauna heat emitters are turned off, your body will still continue to perspire. Once your body has cooled down, you can exit the sauna. Wait at least 20 minutes before taking a warm shower to rinse the perspiration from your body.



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