

INFRARED SAUNA SPECIFIC CONTENT:

- **Do not use the sauna immediately after exercise. Wait thirty minutes to allow your body to cool down. Do not fall asleep inside the sauna.**
- **If you are suffering from obesity or with a medical history of heart disease; low or high blood pressure, circulatory system problems; or diabetes you should consult a physician prior to using the sauna.**
- **Persons using medications should consult a physician before using the sauna. Some medications may induce drowsiness while others may affect the heart rate, and blood pressure, and/ or blood circulation. Do not use alcohol or drugs before or during the session as they may lead to unconsciousness and/ or other harmful physical injuries.**
- **Get out of the sauna if you experience dizziness, lethargy, drowsiness or faint. As with all medical and alternative medicine services, you may put yourself at risk if you use our far infrared saunas improperly.**
- **Far infrared saunas DO NOT cure any diseases. DO NOT attempt to self-treat any disease with a far infrared sauna without direct supervision from a certified physician.**
- **If any of the items listed above apply to you, be certain to consult with your physician before using a far infrared sauna.**

- In all situations, hydration is a requirement for sauna use.
- Drinking advanced electrolyte replacement water is also recommended before, after and during sauna usage.

INFRARED SAUNA CONTRAINDICATIONS

Do NOT participate in Infrared Sauna if you have any of the following conditions:

- pregnant or lactating
- untreated hypertension
- lupus
- neuropathy
- multiple sclerosis
- dehydration or heat illness (heat cramp, exhaustion, stroke)
- acute or chronic edema or lymphedema
- hemophilia and/or a predisposition to hemorrhage
- cholinergic urticaria
- acantholytic dermatosis, malaria, or severe burns/scarring/heat rash.