

Far Infrared Sauna Before, During and After

Before

- The day of, drink plenty of water, at least 32 ounces prior to each session, as there is absolutely no food or drink permitted inside the sauna
- Ensure a dye-free white towel is provided to sit upon on the bench
- Disrobe to your comfort level, it is recommended you undress down to your undergarments (do not remove your underwear)
- Remember to bring in the hand towel provided to wipe away perspiration
- Do not bring anything with you into the sauna, other than a towel and washcloth, avoid bulky electronics, plastics, dyed fibers, costume jewelry, etc.
- Weigh yourself if interested in tracking weight loss
- Wear a Fit-Bit or other heart rate monitor to track cardiovascular benefits

During

- Consider using a dry brush to stimulate your lymphatic system, remember to brush towards your heart
- Do not panic if you are sweating more than usual, or if you feel a slight increase in heart rate, this is very normal
- You may notice a strange odor to your sweat, this is also normal as your body begins to excrete toxins out of your system, with continued sauna use this will eventually pass
- Move about the sauna, stretch and get close to the heaters for areas that hurt
- Avoid leaning forward when you begin to feel warm, instead lean back on the back support
- If you begin to feel too warm, open the door to reduce the temperature, or simply step out for a few moments and signal for an attendant by ringing the wireless doorbell to adjust the temperature, or for other assistance as needed
- We may knock on the door occasionally to check on you if you are a new sauna user
- Important: Do not tamper with or adjust any of the settings in the sauna, your settings are made based on your intake and history

After

- Immediately take a quick/brisk shower to eliminate perspired toxins; not showering will allow your body to re-absorb the toxins you just expelled
- Do NOT take a cold shower
- Do not stay in the shower for very long, do sit down if you feel light headed on the built-in seat, do not meander in the shower, we will get worried about you
- Use the green-certified, cucumber melon foaming hand, hair and body wash to cleanse yourself with
- Kindly toss all soiled linens in the hamper
- Weigh yourself again if interested in same day weight fluctuations
- Rehydrate! Drink plenty of water throughout the day
- If you are staying for another treatment modality, showering is required. Please use the robe provided to move about The Health Institute and relax in the Sanctuary Room while you wait for your next treatment. Help yourself to a snack and some water

About our Far Infrared Sauna (FIRS)

The Health Institute of Hampstead uses one of the best in class manufacturers of infrared sauna's. Our reason for selecting Sunlighten™ was largely in part to their participation in third party independent research, and the results. Sunlighten™ is a known quantity in far infrared sauna's due to their signature ultra-low EMF ratings, 9 carbon heaters, hypo-allergenic bass-wood, and a high clinical use by at home-users, athlete's, physician's and hospital's all over the world made Sunlighten™ the right choice for **The Health Institute of Hampstead**.

For measuring results, sauna usage is a lot like exercise. It can vary depending on frequency. The more frequent you use it, the faster you begin to feel the benefits. Some people notice a difference in the odor of their sweat with frequent use. However, when FIRS is paired with other modalities such as massage, there are great benefits both to client and therapist. Through FIRS, the fascia and muscle have been warmed up, allowing the therapist to "break through" a lot of those knots that usually take quite some time to work out. It also leaves the client a lot less sore because many of the toxins have already been worked out of the muscles and have been secreted vs. stagnating there, which is ultimately what leaves us feeling sore after a workout or massage. This is called lactic acid.

We hope that you will enjoy your sauna experiences for many years to come.
Peace and light,

