



WELCOME TO FLOAT AND FLY WELLNESS STUDIO

## **INFRARED SAUNA PREPARATION TIPS**

- Please arrive 15 minutes before your appointment & check in.
- Ensure your cell phone or any other devices are either turned off or set to silent.
- Wait at least 1-2 hours after eating before beginning a sauna session. This allows your body to attain the best detoxification results. Hydrate with at least 8 oz. of water to prepare your body for an increase in core temperature.
- Do not apply makeup, skin lotions, and oils or perfume before or during your sauna session as this will inhibit sweating.
- Is not recommended to have a sauna session when menstruating.
- Wait at least 72 hours if you have applied artificial tanner.
- Stretching your arms, legs and back area during your session creates more body flexibility. Massage congested and “knotty” muscle areas to help alleviate pain and tightness.
- Wipe off sweat during your session to promote your body to sweat more or take a shower if you go in for a float next.
- After the sauna skip most oils, lotions and creams as many contain chemicals which clog your pores.
- Relax for 10-15 minutes after a sauna session to allow your body to readjust. Rehydrate with at least 24 oz. of water or electrolyte drink.

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