**Infrared Sauna Precautionary Safeguards**

**Saunas and medications**

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drug’s effect when the body is exposed to far infrared waves or elevated body temperatures. Diuretics, barbiturates, and beta blockers may impair the body's natural heat loss mechanisms. Some over the counter drugs such as antihistamines may also cause the body to be more prone to heat stroke.

**Saunas and children**

The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaption to increased cardiac demands, and the inability to regulate body temperature by sweating. Consult with the child pediatrician before using the sauna.

**Saunas and the elderly**

The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decrease sweat gland function. The body must be able to activate it's natural cooling processes in order to maintain core body temperature.

**Saunas and cardiovascular conditions**

Individuals with cardiovascular conditions or problems (hypertension or hypo tension), congestive heart failure, impaired coronary circulation or those who are taking medications which might affect blood pressure, should consult their physician before using the sauna and exercise extreme caution on exposed to prolonged heat.

**Saunas and alcohol**

Contrary to popular belief, it is not advisable to attempt to “sweat out” a hangover. Alcohol intoxication decreases a person’s judgment therefore, they may not realize when the body has a negative reaction to high heat.

**Saunas and Chronic Conditions / Diseases associated with a reduced ability to sweat or perspire**

Parkinson's, multiple sclerosis, central nervous system tumors, diabetes, and neuropathy are conditions that are associated with impaired sweating and a personal physician should be consulted before sauna use.

**Saunas and hemophiliacs / individuals prone to bleeding**

The use of infrared saunas should be avoided by anyone who is predisposed of bleeding.

**Saunas and sensitivity to heat**

An individual that has sensitivity to heat should not use any type of sauna

**Saunas and pregnancy**

Pregnant women should consult a physician before using any type of sauna because fetal damage can occur with a prolonged elevated body temperature

**Saunas and menstruation**

Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow. Some women endure this process to gain relief commonly associated with their cycle.

**Saunas and joint injury**

If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating is strictly advised against in cases of enclosed infections by the dental, in joints, or in any other tissue.

**Saunas and implants**

Metal pins, rods, artificial joints, or any other surgical implants generally reflect far infrared waves and thus are not heated by this system. Nevertheless, you should consult your doctor prior to using an infrared sauna. The usage of an infrared sauna must be discontinued if you experience pain near any such implants. Silicon does absorb far infrared energy. Implanted silicon or silicon prosthesis for nose or ear replacement may be warmed by the far infrared wings. Since silicon melts at over 200 Celsius (392-degree Fahrenheit), it should not be adversely affected by the usage of infrared saunas. It is still advised that you check with your surgeon and possibly a representative from the implant manufacturer to be certain.

In the rare event, you experience Lightheadedness, feeling ill, nauseous, pain and or discomfort, immediately discontinue sauna use.