

Pre-Sauna Protocol

At least 1/3 of the population (especially women and the elderly) are heat intolerant and do not sweat even with vigorous exercise. Therefore, you need to build your heat acclimatization program slowly so as not to stress your system. **As in exercise programs, you must slowly increase your cardiovascular training over time.** This is why we recommend starting with our New to Sauna Intro Pack:

1st session: 20 min at 110 F	4th session: 30 min at 120 F
2nd session: 25 min at 115 F	5th session: 30 min at 125 F
3rd session: 30 min at 115 F	6th session: 30 min at 130 F

We recommend sauna therapy at least twice a week, although you could sweat it out daily if you like. Remember that you can lose your training effect and heat acclimatization if you stop training for 2-3 weeks.

Do not proceed to the next step (rise in temperature) if at any time you do not feel well, whether you are in the sauna or not. If you feel light headed, nauseous or in any way uncomfortable while using the sauna, or at any time between sauna sessions, it can be a sign of detoxifying too quickly. If that happens while in the sauna, you should get out immediately and either lower the settings the following day or take the day off. Resume sauna use when you are able at the time and temperature last comfortably used.

Before and during sauna treatment:

- What to wear: we recommend wearing a towel during your session. If you prefer to be clothed, we recommend wearing something light.
- Drink a glass of water before entering. You may also bring water into the sauna. A good alternative to water is an electrolyte beverage.
- You may dry brush before a sauna. Dry brushing can help stimulate the lymphatic system.
- Light exercise can be done before a sauna session (e.g. yoga), but it is not recommended that you do vigorous exercise before sauna (e.g. spin class).
- Enter the sauna at 98-100°F, allow it to reach its final temperature -it is important that you let your body to heat up with the sauna (this time is included in your time in the sauna)
- Sit on a towel and put a towel under your feet to prevent the sweat from soaking into the woodwork
- You may bring a device into the sauna to read or listen to music (or a guided meditation!) during your session
- To avoid reabsorption of toxins, shower soon after sauna use
- If at any time you become uncomfortable or light-headed, leave the sauna immediately, take a cool shower and lie down

Don't be concerned if you don't perspire during your first few sessions in the sauna.

Often, it is necessary for our bodies to re-learn this important thermo-regulatory function. You will still be releasing toxins via stool and urine even if you're not perspiring. Again, remember the importance of hydration!