

SAUNA PROTOCOL

Follow this quick guide for the optimal sauna experience.

PRE SAUNA SESSION

- Hydrate with at least one glass of water to prepare your body for an increase in core temperature.
- Pre-heat for a maximum of 30 minutes. Depending on room temperature, your sauna will heat up a degree every 2 minutes.
- Use Bamboo Carbon Towels to absorb sweat during sessions.

SAUNA SESSION

- Begin your session when your sauna reaches 38°C.
- The optimal sauna experience occurs between 38°C and 58°C.
- High heat is not required to provide the benefits of Infrared. The sauna is not designed to run at high heat 65°C+ for long periods.
- To get your body accustomed to infrared therapy, start with 10-15 minute sessions at 38°C every other day.
- If comfortable with current settings, gradually increase towards 40 minute daily sessions in the optimal temperature range.*
- Don't be surprised if you don't sweat during the first few sessions.
- Sweating will increase with regular use, removing toxins and leaving you feeling refreshed and rejuvenated.
- For added intensity, use Pure Sweat amplifying cream to increase sweating, circulation and to boost results.

POST SAUNA SESSION

- Drink at least 750ml of water or electrolyte to rehydrate.
- Dry off with Bamboo Carbon Towel. Cool down naturally or with a refreshing shower.
- Every six months, clean wood and glass with our Tri-Nature Cleaning products. Available at <https://shop.sunlighten.com.au/collections/natural-sauna-cleaners>