



## Sweatiquette and Sauna Rules

- Hydration is key, be sure to drink at least 8-16oz before and continue to hydrate during and after. Bring an insulated water bottle that keeps liquids cold with you to take inside the sauna. (mugs for purchase coming soon!)
- Limit food intake an hour before your session to maximize your body's energy on detoxing and not digesting and wear loose fitting clothing.
- To avoid the sauna bench making a loud noise when standing up, try to avoid leaning forward when standing as the bench will lift up in the back.
- To help maintain cleanliness, you must sit on at least 1 large towel. Please request extra towels if you know you excel at sweating :-)
  - Towel off during your session to help your body perspire more freely and maximize your detox benefit.
- Please place used towels in the owl basket next to the sauna
- Refrain from spraying or opening anything that is aromatic (cologne, perfume, lotion) or applying oils inside the sauna or room or any topical rubs beforehand. Oils and lotions have a tendency to block pores thereby inhibiting sweating.
- No one under the age of 18 is allowed in the sauna unless accompanied by an adult. If you are over 70 or under 18 your session will be under 20 min and at a lower temperature.
- If you sauna with a friend or two, please be mindful of the volume of your conversations and music.
- The sauna doors are glass, please be careful when opening and closing
- Please remove all footwear including socks
- If at any time you feel the heat is too much, you can independently adjust the degree by the control panel on the back sauna wall. Due to the placement of the IR heaters, you can also leave the door open for a while without losing the benefit of infrared heat.
- Massage sore or tight muscles for faster healing and effectiveness
- If you notice drying of the skin or want to maximize your detox benefit, try incorporating 2-4 tbsp/day of a high quality expeller pressed oil like organic coconut or avocado oil.
- sit back, relax and soak up the wonderful radiant heat and medical grade Chromotherapy of the infrared sauna. :-)