

SAUNA TREATMENT PROTOCOL

Follow this quick guide for the optimal purifying experience.

Prep

- Wait at least 1-2 hours after eating before beginning an infrared sauna session.
- Hydrate with a minimum of 8 ounces of water to prepare for an increase in core body temperature.

During Sauna Session

- Listen to your body and adjust based on what it's telling you. If you feel flu-like symptoms, discontinue and let our staff know.
- Everyone sweats differently. You may not sweat during the first few sessions. Sweat will increase with regular use.

Experience

- Customize your experience with chromotherapy. To control the lights, point the remote at the control box within a 3 ft. radius.
- Discontinue your treatment and exit the sauna at any time. Listen to your body and be aware of excessive detoxifying. If you begin to feel flu-like symptoms, you should discontinue use immediately. If these symptoms continue, consult a physician.
- Don't be surprised if you do not sweat during the first few treatments. Sweating will increase with regular use, removing toxins and leaving you feeling refreshed and rejuvenated.

Post Sauna Session

- Rehydrate with 8 to 24 oz. of water or electrolyte drink to replenish fluids.
- Dry off with an absorbent towel, then cool down naturally or with a shower.
- Schedule next Sunlighten sauna session.