

COMMONLY ASKED QUESTIONS ABOUT INFRARED SAUNAS

What do I wear?

To enable infrared to penetrate tissues as deep as possible, we recommend wearing as little as possible. A cotton towel, gym shorts or swimsuit are perfect options.

How often should I use the sauna?

One session will leave you feeling refreshed and rejuvenated. But similar to exercise, the more you do it, the better the results. Recommended use is 3-4 times per week for 30-40 minutes.

When will I start sweating?

Sweat levels are different for everyone. Don't be surprised if you don't sweat during the first few sessions. Sweating will increase with regular use. Even if your body is not drenched in sweat, your body is still detoxifying from harmful toxins. Also, be sure to drink plenty of water before your session. If you are dehydrated, you will not sweat as much.

Do I need a doctor's note?

No. If you have health concerns, we recommend speaking with your doctor before your sauna session.

Is the Infrared coming from lights?

No. Infrared heaters are located on the floor, front, back, and side wall panels. The chromotherapy lights are not infrared.

Are there any studies on infrared therapy?

There are various studies on the use of infrared for a multitude of health benefits. Specifically, Sunlighten infrared saunas have been shown to increase core temperature for detoxification, temporarily lower blood pressure, and increase flexibility. Many other studies have shown infrared saunas to increase skin health, aid in relaxation and mental health, and support reduction of waist circumference. These studies can be found on Sunlighten's website via the Light Science research library.

Are children allowed to use the sauna?

The core body temperature of children rises much faster than adults. When taking a sauna session with a child, operate at a lower temperature and for no more than 15 minutes at a time. A general rule of thumb is one minute inside your sauna per year of age for the child, but always accompanied by an adult. And remember to keep you and your children hydrated, even if you don't see them sweating.

Is it ok to use the sauna while breastfeeding?

Please consult with your physician, as this answer is usually yes, but may be no depending upon your specific circumstances.

Can I sauna while pregnant?

Even though infrared is completely safe, it is not recommended to use while pregnant. While pregnant, the core body temperature is already elevated, and you could overheat.