

# 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 bamboo carbon body wrap, cotton towel, gym shorts or swimsuit are perfect options. Most businesses require clients to wear clothing or a towel to keep the sauna clean. We offer bath towels and body wraps infused with CELLIANT that reflect the body's infrared back into the body, enhancing and extending the benefits of infrared before, during, and after their session.

## **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. If you are hydrated properly and want a sweat boost, try our Pure Sweat amplifying cream. Pure Sweat can triple your sweat and increase circulation.

## **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.

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## **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.

## **Are there any contraindications for sauna use?**

Please consult the list of contraindications in the appendix and if any of the contraindications on the following page apply to you, consult your physician prior to sauna use.

# SAUNAS & CONTRAINDICATIONS

Sunlighten infrared saunas operate with the same efficacy in your business as in a medical facility. Like all professional equipment, you may put yourself at risk if you do not fully understand how to use the sauna. Infrared sauna use as creating a cure for or treating any disease is neither implied nor should be inferred. Drinking an electrolyte-replacing water or a sports drink is strongly recommended before and after use.

## IMPORTANT SAFEGUARDS

- Never sleep inside the sauna while it is on.
- Do not use harsh cleaning agents on the interior of the sauna.
- Do not stack or store objects on top of or inside the sauna.
- Do not use during an electrical storm, as there is a remote risk of shock.
- Altering or tampering with any electrical connections on the power supply is dangerous and will void the warranty.
- Do not attempt a repair without consulting Sunlighten first. Unauthorized repair attempts will void the warranty.

## MEDICAL CONDITIONS

If any of the below apply to you, consult your physician prior to sauna use:

- **Cardiovascular Issues, Obesity or Diabetes** – Individuals suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory problems, or diabetes should consult a physician prior to use. Heat stress increases cardiac output and blood flow in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.
- **Medications** – Individuals who are using prescription drugs should seek the advice of their personal physician since some medications may induce drowsiness, while others may affect heart rate, blood pressure and circulation. Diuretics, barbiturates, and beta-blockers may impair the body's natural heat loss mechanisms. Anticholinergics, such as amitriptyline, may inhibit sweating and can predispose individuals to heat rash or to a lesser extent, heat stroke. Some over-the-counter drugs, such as antihistamines, may also cause the body to be more prone to heat stroke.
- **Alcohol & Drug Abuse** – Contrary to popular belief, it is not advisable to attempt to "sweat out" a hangover. Alcohol intoxication decreases a person's judgment; therefore, he/she may not realize when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress. The use of alcohol, drugs, or medications prior to a sauna session may lead to unconsciousness.



# SAUNAS & CONTRAINDICATIONS

- **Elderly** – The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature. If elderly, operate at a lower temperature and for no more than 15 minutes at a time.
- **Children** – The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands, and the inability to regulate body temperature by sweating. When using with a child, operate at a lower temperature and for no more than 15 minutes at a time.
- **Chronic Conditions / Diseases Associated with Reduced Ability to Sweat or Perspire** – Multiple Sclerosis, Central Nervous System Tumors, and Diabetes with Neuropathy are conditions that are associated with impaired sweating. Consult a physician.
- **Hemophiliacs / Individuals Prone to Bleeding** – The use of infrared saunas should be avoided by anyone who is predisposed to bleeding.
- **Fever & Insensitivity to Heat** – Individuals with insensitivity to heat or who have a fever should not use the sauna until the fever subsides.
- **Pregnancy** – Pregnant women should consult a physician before using an infrared sauna.
- **Menstruation** – Heating of the low back area of women during the menstrual period may temporarily increase menstrual flow. This should not preclude sauna use.
- **Joint Injury** – Recent (acute) joint injury should not be heated for the first 48 hours or until the swollen symptoms subside. Joints that are chronically hot and swollen may respond poorly to vigorous heating of any kind.
- **Implants** – Metal pins, rods, artificial joints, or any other surgical implants generally reflect infrared waves and thus are not heated by this system. Nevertheless, you should consult your physician prior to using.
- **Pacemakers / Defibrillators** – The magnets used to assemble our saunas can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.

In the rare event that you experience pain or discomfort, immediately discontinue sauna use.