

# SAUNA PROTOCOL

Your guide to the optimal customizable sauna experience



## PRE-SESSION

- 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.
  - When you schedule your appointment, you'll want to select which health benefit program you want for your session so the staff can be heating up the sauna for your arrival. The mPulse sauna allows you to choose from six pre-set programs that each deliver specific blends of near, mid, and far infrared for individual health benefits that include cardio, detox, weight loss, relaxation, pain relief, or anti-aging. You can also customize a setting and create your own blend of near, mid, and far infrared. Our staff can help you create your own setting if you wish.
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## 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.
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## POST SESSION

- Rehydrate with 8 to 24 oz. of water or electrolyte drink to replenish fluids.
- Use your sauna session as a warm-up before exercise and continue with your next activity.
- Or, dry off with an absorbent towel, then cool down naturally or with a shower.

