

Please read before using the Infrared Sauna

If you have never had a sauna before, we recommend you try 10 minutes to start with and see how you feel. You can always come out for a drink of water and go back for another 10 minutes if you feel good. We recommend 30 minutes in total in the sauna and then 30 minutes to allow yourself time to have a shower and dress.

Make sure you drink lots of water and stay hydrated.

Do not use sauna without prior medical advice if any of the following are applicable to you:

- You are under 18 years old
- You are over 75
- You are pregnant
- You have heart disease, heart or blood pressure issues
- You have a skin disorder that is aggravated by heat
- You are diabetic or suffer from excess fluid retention
- You have any other complaint, which causes you to be unsure about taking a sauna

This appliance is not intended for use by persons with reduced physical, sensory or mental capability. You will be asked to sign a disclaimer on arriving stating that you are fit to use the Infra-red Sauna and have taken medical advice where appropriate and necessary.

Using the sauna

- We'll give you a guided tour of how it all works on your first visit.
- Remove clothing and use the robes/towels provided.
- Remove all jewellery and metal objects from your body. These will heat up quickly and could burn you.
- Do not smoke in the sauna room.
- Leave the sauna room at once if you feel sleepy, sick or uncomfortable.
- If you are using the sauna for the first time or have recently taken medication that could sensitise your skin, a test session of no more than 10 minutes should be taken to check for any adverse skin reaction.

Infrared Sauna Benefits

The following are reported as benefits of using the sauna:

- Detoxification of chemicals and heavy metals
- Improvement in circulation
- Recovery of muscles after exercise or injury
- Better sleep
- Boosting the immune system
- Relief of arthritic and joint pain
- Skin rejuvenation
- Mood elevation

Please note: We cannot guarantee any of these benefits as everyone responds differently.

About the Infra-red Sauna – how it works

Visible, ultraviolet and infra-red are all part of the light spectrum known as EMR (electromagnetic radiation); each type has different wavelengths that give rise to specific properties; in the case of infra-red rays they stimulate the skin with a warming and heating sensation.

Unlike a traditional sauna where the air is heated to an elevated temperature, in an infra-red sauna the rays pass through the air and directly stimulate the body. The air temperature measured on a thermometer will be much lower in an infra-red cabin and it is not necessary to warm up the cabin for any length of time before you start using it.

The infra-red rays are only transmitted when the emitters are glowing red. For most people the effect of infra heat on the skin is to start sweating, skin pores open, superficial blood vessels dilate and the blood begins to circulate more quickly. Breathing and heart rate also increases. It is recommended that you drink plenty of water before, during and after your sauna session to avoid dehydration.

