



INFRARED SAUNA

Day of your treatment

- Drink plenty of water the day of your session to avoid dehydration
- Take it slow, if this is your first session you may need to take breaks during your session

Post treatment care

To enhance treatment results, we ask that you read and understand the following instructions:

- **Cool Down:** Allow your body to cool down gradually.
- **Shower:** After the cool-down period, take a lukewarm or cool shower to rinse off sweat and toxins from your skin.
- **Hydrate:** Sweating during the sauna can lead to fluid loss, so it's essential to replenish your fluids.
- **Rest:** You may feel a bit fatigued, so take it easy for a while. It's best to avoid strenuous physical activities or exercise immediately after your session.
- **Nutrition:** Consider a light snack or meal to replenish your energy levels and nourish your body.
- **Supplements:** Electrolyte supplements or plant water helps replace minerals lost through sweating.

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WE EMPOWER PEOPLE
TO LIVE THEIR BEST LIFE