

INFRARED SAUNA FAQ

What are the main benefits of the infrared sauna?

There are many benefits to using the infrared sauna such as to improve and heal the skin from the inside out, release toxins and heavy metals such as mercury from the body and the pores, rejuvenate, alleviate muscle, joint and arthritis pain, boost immune system health, helps to reduce stress and calm the mind.

How safe are infrared saunas?

They are completely safe. Being in an infrared is like being exposed to the natural benefits of the sun without absorbing any of the harmful UV rays. Infrared is gentle and the temperature is adjustable to your liking so you can stay in it for longer periods of time.

What's the difference with regular saunas and infrared saunas?

The biggest difference is that Infrared saunas are super gentle and release natural healing benefits from infrared light rays at a temperature of 100-140°F whereas traditional saunas typically exceed 200°F and do not release infrared light rays for extra healing benefits.

How do I prepare for an infrared sauna session?

We recommend drinking two 8oz glasses of water prior to your session. If you are more dehydrated or have had alcohol consumption prior, then we recommend waiting at least 2 hours before your session and drinking at least four glasses of water before and after your session to stay extra hydrated. We recommend you wear comfortable clothing and bringing shower sandals if you have your own. We have towels at the facility and the sauna session room is private just for you, but it is optional to wear a bathing suit so you feel most comfortable.

How long should I stay in the infrared sauna?

Everybody is different, but we recommend around 10-30 minutes depending on your comfort level. It is always best to start with less time for your first session then gradually increasing the more you visit. The adjustable heat setting allows you to choose how warm you wish to feel, 100°F is on the lower end so you can enjoy the infrared for longer, whereas if you only have 10-15 minutes and want a quick healing detoxifying sweat then we recommend setting it between 125°F to 150°F.

Can I use the infrared sauna if I am pregnant, have chronic illness, any medical or serious skin condition or am taking prescription medication?

We recommend you consult with your physician or medical practitioner prior to booking an appointment.

What are the age requirements to use the infrared sauna?

For anyone between the ages of 18-55, it is safe for them to use the infrared for longer periods of time, up to 50 minutes. For elderly and children, we recommend setting the temperature no higher than 85°F for no more than 10-15 minutes per session and recommend you accompany them.