



THERASAGE



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HEAL WITH HEAT

Detoxification Response



- * Light Headedness
- * Blood Pressure - lowers
- * Dizziness
- * Nauseous
- * Lethargic - Low Energy
- * Mitigate any of these signs by ending that session and drinking water

- * Natural Acclimation Timing - allow yourself a few weeks for your body to acclimate to your sauna
- * Be mindful of Increased Toxic Load on possibly already burden Organs.....go slow...and steady
- * Children - have a faster response time.....so cut down their usage time by half
- * Chronic Disorders - Staging into treatment plans is important, ask your Healthcare professional or Infrared specialist for the best practices

** If you experience any of these symptoms, stop session and drink 8 oz. of water
Continue with your Sauna program next day