

Infrared Sauna Use Information

You can schedule your infrared session by contacting reception at 303.554.1600, info@ewwellness.com. Soon you will be able to schedule on line at www.ewwellness.com

Supplies to Bring With You:

1. Towels - you need to bring 3 towels for each sauna session. One to sit on, one to put under your feet and one to wipe off the sweat after your session. We recommend another towel if desired for around the neck to increase perspiration. Do not worry if you do not perspire in the first few sessions, once you acclimatize you will produce more sweat and you will still get the benefits of detoxification.
2. Clothing - recommend wearing sweats or at least a t-shirt and shorts. There is a changing area in the sauna room and a place to store belongings in the bin under the bench. If you come to a session and forget your towels we can supply towels for \$4. Unfortunately we cannot supply clothing.
3. Water - You must stay hydrated while in the sauna. We recommend a minimum of 16-32 oz before entering the sauna. Please bring a spill proof container to sip on throughout the sauna session. Another 1/2 gallon of water should be consumed on sauna days and the day after the sauna session. Purified water is supplied at the kitchen sink but it is highly recommended to replace your electrolytes. MinRx or E-lyte can be purchased up front for electrolyte replacement.

Listen to your body and pay attention to the information it gives you

1. At the end of each session, please let a staff member know how you did during the session. Give the staff details of what you experienced. Ex: felt warm, didn't sweat, mild headache.
2. If you are in the sauna and begin to feel uncomfortable, come out immediately. Let a staff member know if you feel light headed, nauseous, break out in a rash or in any way signs that you are detoxifying too quickly.
3. The staff will adjust time and temperature for future sauna sessions as needed. Also, if you have a referring practitioner we will have them evaluate the prescription.

Sauna Time and Temperature settings

1. First sauna session should start between 110 degrees F with the door open for 10-15 minutes. Second session should be 105 degrees F with the door closed for 10-20 minutes. If you feel well than you are able to adequately detox but if you feel nauseous, headache, or light-headed then you may need to adjust the detox protocol to allow your body to acclimate. This usually happens within 3 treatments.
2. Each session the time and temperature will be set based on your progress and/or according to the protocol given to you by a practitioner.
3. **The sauna is NEVER to be set OVER 130 degrees OR for more than 30 minutes**
4. The sauna is open to the public. You must follow the above guidelines. If you need any clarification to the guidelines or experience any symptoms please consult with a staff member.
5. Not following the guidelines above will be cause to INVALIDATE your purchase with no refund.