



Jacuzzi® Sauna Use Guidelines & Tips

SAUNA USE GUIDELINES

Use at least 2-3 towels. Place one towel on the bench and use another towel on the floor to absorb extra perspiration. Exercise care when entering or exiting the sauna.

1. Press Power button on
2. Press up arrow on left to set to 158F. (Your sauna generally will not reach 158F; this is to keep the emitters producing infrared waves as the cabin temperature rises. Temperature will usually range from 110-140F.)
3. Press up arrow on right to set to desired time.
4. Relax into wellness!

An infrared sauna triggers vasodilation – our blood vessels relax and widen. Vasodilation triggers a cascade of physiological responses:

- Decreases blood pressure.
- Increases blood circulation.
- Delivers more, oxygenated blood through your system.
- Increases nutrient delivery.
- Decreases swelling, inflammation and pain.
- Increases muscle flexibility.
- Allows for more efficient waste and toxicant removal.
- Accelerates healing and your metabolism.
- Boosts immune function.

In an infrared sauna, our bodies automatically exit sympathetic mode (fight or flight) and enter parasympathetic mode (rest and digest). The parasympathetic nervous system helps produce a state of equilibrium in our bodies. Everything relaxes, gets more flexible. You don't have to force yourself to relax; it happens automatically.

Let your body be your guide! Pay attention to your body and you will feel when you're ready to end your sauna session. Infrared itself is quite safe. (For example, infrared is used to keep food warm, to gently heat premature babies in incubators.) If you ever don't feel good in an infrared sauna, just get out. Start with shorter sessions of approximately 15 minutes. If it feels enjoyable, increase sauna session times.

[People with a heavy toxicant body burden – whether from disease, such as Lyme disease, internal bacteria, absorbed environmental pollutants – might have to start with shorter sessions. When the body releases toxins more quickly into the system than the organs can eliminate them, people can experience flu-like symptoms or nausea – the Herxheimer Reaction. The Herxheimer Reaction can happen when the body is able to release dying bacteria, endotoxins, or toxicants the body has absorbed, and is a response to those toxins being mobilized or dying off in our bodies and eliminated.]



INFRARED SAUNAS

TIPS:

- Stay well hydrated. Drink liquids prior to and after your session.
- Don't let yourself get overheated.
- Core body temperatures of children, the elderly and the infirm can rise more quickly than those of adults. To reduce the risk of injury, do not allow children, the elderly or infirm to use the sauna unless they are closely supervised.
- Taking a shower or bath before a sauna session tends to increase perspiration as bathing opens the pores.
- Limit food intake an hour before your sauna session. Your body will be able to detox more effectively because it will not be using that energy for digestion.
- Towel off during your session. This will help the body perspire more freely.
- To relieve sore and tight muscles, massage those areas for faster healing and effectiveness.
- Oil and lotions tend to decrease perspiration by blocking pores. Apply these after your session for best results.
- Some minerals can be lost in perspiration. Eating a sensible diet including fruits and green leafy vegetables will replace these. Supplements can also be taken to replenish minerals.
- At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of the viruses. Consult your physician for the proper treatment for this, or any other condition.
- As you become more heat conditioned *, you may wish to increase the length of your Jacuzzi® sauna session. This is especially useful for soft tissue therapy. (Make sure to stay hydrated.)
- Never sleep inside the sauna while the unit is in full operation.
- Do not use the sauna following strenuous exercise. Wait at least 15 minutes to allow the body to cool down completely.

* Heat acclimatization, hyperthermic conditioning and hormesis are all significant benefits from sauna therapy. This phenomenon of increased fitness from heat exposure is demonstrated in many clinical references.