

Infrared Sauna Protocols

PRE-SESSION

- Wait at least 1-2 hours after eating before beginning an infrared sauna session.
- Hydrate with a minimum of 8 ounces of water to prepare for an increase in core body temperature.

SAUNA SESSION

- Optimal sauna experience occurs between 100° and 130°F.
- Listen to your body and adjust based on what it's telling you. If you feel flu-like symptoms, discontinue and let our staff know.
- Everyone sweats differently. You may not sweat during the first few sessions. Sweat will increase with regular use.

POST SESSION

- Rehydrate with 8 to 24 oz. of water or electrolyte drink to replenish fluids.
- Use your sauna session as a warm-up before exercise and continue with your next activity.
- Or, dry off with an absorbent towel, then cool down naturally or with a shower.

Infrared Sauna Color Chart

Warmth, energy and stimulation. Enhances metabolism and energizes heart and blood circulation.



Red



Cerulean

Stimulates muscle and skin cells, as well as the circulatory and nervous system.

Reduces localized fat and eases digestive system discomforts. Treats asthma and bronchitis.



Orange



Ocean

Lubricates joints, treats infections, stress, and nervous tension.

Activates the circulatory and nervous system.



Terra Cotta



Blue

With anti-inflammatory and muscle relaxing effects, it fights both physical and mental tension.

Strengthens the body and activates internal tissues.



Tangerine



Denim

Treats eye problems, cataracts, glaucoma, and nasal bleeds.

Increases neuromuscular tone and stimulates happiness. Has a cleansing effect, purifying the blood and skin.



Yellow



Indigo

Addresses conditions involving the eyes, ears and nose. It has a calming, sedative effect. Controls the pineal gland.

Cleansing and purifying. Provides anti-infectious, anti-septic, and regenerative stimulation.



Green



Violet

Stimulates the spleen and immunity. Assists with detoxification.

Acts as a relaxant and fights depression. Regulates pituitary gland and calms the nervous system.



Light Green



Pink

Aids in emotional stress and restores youth. Heals grief and sadness. Brings emotional healing.

Increases intuition and sensitivity. Relaxes your sensation of stress.



Sky Blue



White

Stimulates production of serotonin, helping with sleep and nervousness system.