



**HIGH TECH HEALTH**  
INTERNATIONAL

## **Important Information on Using the Far Infrared Sauna**

Our Far Infrared Sauna is located in a private bathroom that includes a toilet and shower. So your 50-minute session time is for the dedicated use of the room. We recommend a 20-30 minute sauna session, which allows plenty of time to rinse off afterwards!

We provide hand towels for use during your session and wash cloths for wiping down the sauna after use (just like at the gym!).

Please bring your own toiletries and towel for showering.

### **BEFORE USE:**

**Drink a glass of water (ideally alkaline water) before entering the sauna and sip water during the entire session.** It is acceptable to use a natural, non-food additive or colorant beverage such as “Recharge” that has extra electrolytes in it.

For extra detoxification, dry brush or rinse off in the shower *before* getting into the sauna. But be sure to dry off thoroughly before going in, because excessive water will warp the wood.

**If you are under a doctor’s care, please consult him/her prior to sauna use.** Those patients with severe adrenal suppression, lupus, advanced symptomatic heart disease, unstable angina or multiple sclerosis should discuss far infrared therapy with their doctor prior to use. Use of far infrared therapy for hemophiliacs and fever is contraindicated. Pregnant or nursing women must also refrain from using this therapy.

**If you are particularly stressed, postpone use until you are more relaxed. If at any time you become uncomfortable or light-headed, leave the sauna immediately, take a cool shower and lie down.**

Do not put any lotions or oils on the body or face when using the sauna. This may block the pores and hinder perspiration.

Do not eat anything at least an hour before your sauna session. It is better to go in the sauna on an empty stomach. You are more likely to feel uncomfortable sitting in a sauna with a full stomach.

**The sauna will at 100°F upon your arrival, ready for you to enter.**

**Do not preheat the sauna to full temperature** – you should always enter before it reaches max temperature and stay in as the temperature increases.

### **CHOOSING A TEMPERATURE:**

**Before you enter the Sauna, use the exterior Control Panel to set your desired temperature. Use the ▲ and ▼ arrows on the LEFT.** Recommended temperatures are 110-130°F, but START SLOWLY. You can always adjust both time and temperature once you get in with the interior control panel.

**Note:** The temperature control works very much like your home thermostat, in that there is a range of temperatures it will fluctuate between before turning the heaters off/on. Temperature fluctuation of +2°F of your setting and -5°F of your setting are normal. Keep in mind that the main benefits are coming from skin exposure to the infrared light, which then converts to heat inside your body to raise your core temperature.

**If you're new to using a sauna,** start with a lower temperature: somewhere in the 110-120°F range. Remember that many of the benefits of an infrared sauna come from exposure to the light itself, not the temperature. So you can even get benefits with as low as 100°F.

**If you've had experience with saunas before,** then set it to 130°F. It won't actually reach 130°F during your 30-minute session, but it'll get close.

**For advanced users,** for the sauna to actually reach 130 during your 30-minute session, get in when it's closer to 115°F.

**PLEASE NOTE:** At least 1/3 of the population (especially women and the elderly) are heat intolerant and do not sweat even with vigorous exercise. Therefore, you need to build your heat acclimatization program slowly so as not to stress your system. As in exercise programs, you must slowly increase your cardiovascular training over time. Remember that you can lose your training effect and heat acclimatization if you stop training for 2-3 weeks. If you feel lightheaded, nauseated, or in any way uncomfortable while using the sauna, or at any time between sauna sessions, it can be a sign of detoxing too quickly.

**Set your desired time on the RIGHT side of the control panel using the ▲ and ▼ arrows.** We recommend 20-30 minutes. There has been no measured benefit in times over 30 minutes.

**Press the Power button.** Make sure the light indicator above "Heaters On" illuminates, indicating that the temperature is going to increase from **100°F to your chosen temperature.**

**WHAT TO WEAR:** Most of the benefits of a far infrared sauna come from exposure to light, so wear as few clothes as you feel comfortable with.

**CHOOSE YOUR LIGHTING:** Far infrared light isn't visible to the human eye, so the light inside the sauna is for chromotherapy, or light therapy. Turn on the light in the sauna with the gray remote control. Change the color of the light using the Manual Button. Choose a color that matches your mood or a color that you'd like to influence your mood. Or use the "Auto" button to rotate through the colors. Use the Brightness Arrows to adjust brightness. For maximum relaxation, we recommend the lowest two brightness settings, and turning OFF the lights in the bathroom. **DO NOT TAKE THE REMOTE INSIDE THE SAUNA**, as the plastic will offgas and potentially melt.

**MUSIC:** There's a stereo inside the sauna with an auxiliary cable for you to connect your phone, and a dongle for newer iPhone connections. But don't take your phone in with you as it will overheat. The cord to connect is sitting on top of the sauna, so start your music before you enter. You can also consider bringing a CD (we know...old school!) with relaxing or meditative music.

**HEARING AIDS | GLASSES | JEWELRY** are all okay to leave in/on. Metal reflects infrared so your glasses/jewelry *shouldn't* heat up.

## **DURING USE:**

**NEVER USE THE SAUNA OVER 135°F OR for more than 30 minutes.** There has been no measured benefit in temperatures or times over these levels. Most of the benefits come from exposure to the infrared light, not the temperature.

**Use three towels** during your sessions: One to sit on, and one under the earthing mat (see below) to prevent the sweat from soaking into the wood. To avoid reabsorption of toxins, wipe accumulating sweat from your skin with a third towel, and shower soon after sauna use. **DO NOT** put a towel against the backrest, as this will block the light from the skin on your back. You can, however, put a towel against the side wall if you wish to lean against it.

**THE EARTHING MAT:** being in direct electrical contact with the earth supplies electrons to the body that can neutralize free radicals. This can be accomplished by walking bare-foot outside, and it can also be accomplished by an electrical connection between your body and the earth outside. Virtually every building today, except for very old ones, has a metal rod or plumbing that connects to the earth outside and is connected to each wall outlet that supports a "grounded" third-pin. This enables us to make a mat for the sauna that is electrically the same as being barefoot outside. "Earthing" could lower blood viscosity and therefore had the potential to reduce cardiovascular risk and cardiovascular events. It's also being studied to improve sleep, decrease pain, normalize cortisol levels, stimulate the parasympathetic ("Rest and Digest") nervous system, and decrease inflammation.

**USING THE FAN:** There's a sliding wood door above your head that houses the fan. Make sure it's closed most of the time, to keep the heat in. **But slide it open to use the fan every 4-5 minutes for about 30 seconds.** This will vent out the CO<sub>2</sub> you're exhaling and help you feel more comfortable. You'll notice that the temperature will drop about 5°F, but it'll return to

your setting once you turn the fan off. Temperature fluctuations during a sauna session are normal, so it's nothing to be concerned about.

The Control Panel inside the sauna will show the time countdown. You can also change the temperature or time from inside, if you'd like. When your time is over, there will be a small click, but no big sound.

**Don't be concerned if you don't perspire** during your first few sessions in the sauna. Often, it is necessary for our bodies to re-learn this important thermo-regulatory function. **You will still be releasing toxins via stool, urine and breath even if you're not perspiring.** Again, remember the importance of hydration!

## **AFTER USE:**

Allow yourself a few minutes to cool down before getting in the shower. We recommend a cool to room-temperature shower so as to encourage the cessation of perspiration. It'll also feel more refreshing after the heat of the sauna!

**Wipe down the sauna and earthing mat with a damp washcloth.** The infrared light is disinfecting, so there's no need to use soap or essential oils. And please only wipe down the wood portions, particularly where your skin touched, and NOT the heaters.

The heaters automatically turn off when your time reaches 0.

**Please turn the Sauna back ON** so it'll be ready for the next person. Set the temperature to 100°F, and the time to 89, and press the Power button again.

Leave the door to the bathroom open on your way out, so we know that no one's in there.

**High Tech Health recommends taking appropriate supplements to compensate for minerals lost during the sweating portion of sauna therapy.** We suggest taking calcium, magnesium, and potassium and we also advise following your doctor's orders.

**Relax and enjoy yourself!**