

How to Use Our Sauna

- 1) Remove Jewelry and Metal:** Take off all necklaces, rings, earrings, and watches, as metal can become hot and burn your skin.
- 2) No Electronics:** Leave phones, smartwatches and any other electronic devices outside to protect them from heat and moisture, and to promote relaxation.
- 3) Prepare Attire:** Preferable is loose cotton shorts/t-shirt, or at minimum swimwear. Avoid synthetic materials like gym wear, which can trap heat and irritate skin.
- 4) Hydration is Key:** Drink at least 16-20 ounces of water 30-60 minutes before your session to prepare for significant sweat loss. Consider drinks with electrolytes if you have been sweating earlier in the day.
- 5) Three Towel Set-Up:** One bath towel to sit & lean on, one small hand towel for wiping away sweat during your session, and one small hand towel for your feet.
- 6) Product Free Skin:** Remove all makeup, lotions, and perfumes before you arrive, as these can block infrared penetration and clog pores.
- 7) Start Slow:** For your first few sessions, we recommend a temperature between 110–120°F. Try starting with shorter visits, such as our 20-minute Wellness Session, to help your body adjust.
- 8) Listen to your body:** If you start to feel nauseous, dizzy, or plain uncomfortable, it's time to reduce the temperature or shorten the duration.

Post Sauna Care

- 1) Clean Up:** Place all used towels in laundry basket
- 2) Hydration:** Drink **8–24 ounces** of water immediately after, preferably with electrolytes (like a pinch of sea salt or lemon)
- 3) Clean:** Please use provided cleaning spray and wipes to clean sauna bench