



## About Your Health Far Infrared Sauna Info & Contraindications

**Please Note: The COVID 19 Vaccine is new and untested in many ways. We have no way to know if you will be affected by having the vaccine and using the far infrared sauna.**

### Tips for Using the Infrared Sauna

1. Drink plenty of fluids prior to, during, and after your session.
2. To help relieve sore and tense muscles, massage the affected areas while in sauna to help heal faster.
3. Do not put any lotions or oils on the body or face when using the sauna. This may block the pores and hinder perspiration.
4. 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.
5. At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system. Consult your physician for the proper treatment and care for this or any other medical conditions.

### Safety Instructions

1. Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.
2. Excessive temperatures have a high potential for causing fetal damage during the early months of pregnancy. Pregnant or possibly pregnant women should contact their physician prior to using the sauna.
3. Hyperthermia Danger: Prolonged exposure to hot air will induce hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6°F. While hyperthermia has many health benefits, it is important not to allow your body's core temperature to rise above 103°F. Symptoms of excessive hyperthermia include dizziness, lethargy, drowsiness and fainting. The effects of excessive hyperthermia may include failure to perceive heat, failure to recognize the need to exit, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the sauna and unconsciousness.



4. The use of alcohol, drugs or medications prior to or during the sauna session may lead to unconsciousness.
5. Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior to using the sauna
6. Persons using medications should consult a physician before using the sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure and circulation.
7. Exercise care when entering or exiting the sauna.
8. Do not use the unit during an electrical storm, as there is a remote risk of shock.

## **Contra-Indications**

- If you have a disease, be certain to consult with a primary care physician concerning it.
- If you are using prescription drugs, check with your physician or pharmacist for any possible change in the drug's effect due to any interaction with infrared energy.
- It is considered inadvisable to raise the core temperature in someone with adrenal suppression and systemic lupus erythematosus or multiple sclerosis, by some authorities.
- If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating is strictly contra-indicated in cases of enclosed infections be they dental, in joints or in any other tissues.
- If you are pregnant or suspect you may be, discontinue your sauna use. Finnish women use their saunas, which don't throw heat as deeply into the body, for only 6 – 12 minutes and reportedly leave at that time, due to perceived discomfort. Their usage at this low level of intensity is not linked to birth defects. Infrared Thermal System may be 2-3 times more intense, and comparatively shorter 2-6 minute sessions hardly seem worth any minimal risk they may present.



- Metal pins, rods, artificial joints or any other surgical implants generally reflect infrared rays and thus are not heated by this system, nevertheless you should consult your surgeon prior to using an infrared sauna. Certainly, the usage of the infrared sauna must be discontinued if you experience pain near any such implants. Silicone does absorb infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the infrared rays. Since silicone melts at over 392°, it should not be adversely affected by the usage the infrared sauna. It is still advised that you check with your surgeon and possibly a representative from the product manufacturer to be certain.
- Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow. Once a woman is aware that this may occur, she can choose to allow herself to possibly experience this short term affect without worry or to simply avoid infrared sauna usage at that time of her cycle.
- Hemophiliacs and anyone predisposed to hemorrhage should avoid infrared sauna usage or any type of heating that would induce vasodilatation, which can potentiate the tendency to bleed.
- Obviously, should any condition worsen with use of an infrared treatment, the use of the system should be discontinue.
- People do not experience pain using an infrared sauna unless such is contraindicated. If you do, the use of radiant heat is clearly inappropriate for you at that time.
- DO NOT attempt to self-treat any disease with an infrared sauna without direct supervision of a physician.