

# INFRARED SAUNA GUIDE

1. **Limit Food Intake.** an hour before your sauna session. Your body will be able to detox more effectively.
2. **Clean Skin.** Oil and lotions tend to decrease perspiration by blocking pores. Keep your skin clean prior to the session will maximize the infrared sauna benefits.
3. **Wear Minimal or Nothing.** wear loose fitting clothes, bathing suit or just undergarments inside of the sauna to get maximum penetration.
4. **Hydrate Yourself.** Drink liquids prior to and after your session. (No water inside the sauna).
5. **Leave your belongings in the changing area.** Keep your clothes, shoes, purse, jewelries and any personal belongings on the sitting bench by the entrance (blue/teal wall).
6. **Set Up the Right Temperature and Intensity.** The ideal temperature is at 100 F-140 F. Select the desired intensity of the Full Spectrum heaters (50%, 75% or 100%) using the control panel.
7. **Keep it Hygienic.** Use at least 2-3 towels for sanitization and comfort purposes.
  - a. Use Bench Towel for sitting comfort and absorb perspiration
  - b. Use Floor Towel on the floor to absorb extra perspiration
  - c. Use Sweat Towel during the session to wipe off sweats
8. **Optimize your relaxation** by connecting to the Bluetooth speaker and play music from your phone (electronic device is not allowed inside of the sauna).

9. **Clean up after session.** Put all used towels in the laundry basket after your session and wipe down the backrest with sanitizing cloth if you've used it during the session.
  
10. **Chromotherapy** light to balance your body using the full spectrum of visible light. Color has a profound effect on us on all levels, physical, mental, emotional and spiritual.

**The available color in the Chromotherapy light have been specifically selected based on their wavelength:**

- Red: Activates the circulatory and nervous systems.
- Strong Green: Provides anti-infectious, anti-septic and regenerative stimulation.
- Strong Blue: Lubricates joints. Helps address infections, stress, nervous tension.
- Orange: Energized and eliminates localized fat. Helps address asthma and bronchitis.
- Green: Acts as a relaxant.
- Blue: Stimulates muscle and skin cells, nerves and the circulatory systems.
- Strong Yellow: Strengthens the body and acts on internal tissue.
- Strong Indigo: Helps address eye inflammation, cataracts, glaucoma and ocular fatigue.
- Strong Pink: Act as a cleanser, strengthening the veins & arteries.
- Yellow: Reactivates and purifies the skin. Helps with indigestion and bodily stress.
- Indigo: Activates and eliminates impurities from the blood stream.
- Violet: Relaxes the nerves & lymphatic system. Addresses inflammation and urinary illness