



How to Prepare for the Sauna:

- Please do not use any lotions or oils on your skin prior to entering the sauna. Nothing needs to be applied to the skin before use.
- We suggest you pack and bring a small gym bag with you. You may place your valuables in your bag and bring a swimsuit and robe. We will provide small towels and filtered alkaline water to drink during your session.
- The sauna sessions will be individually scheduled and private.
- We will have spa music playing in the sauna room. There is an auxiliary cord if you would like to plug in your device during use. Some devices may overheat inside of the sauna. Many phones emit EMF, so if you are trying to avoid EMF download music or programs prior to coming.
- There will be a towel on the floor, on the bench, and on the backrest. When sitting in the sauna, be sure to align your back against the backrest for best results, and preferable to be in front of the heater.
- Avoid skin-to-wood contact to preserve the quality of the wood and to maintain sanitary conditions.
- At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of the virus. Do not use the sauna if you already have a fever. Consult your physician for the proper treatment and care for this or any other medical conditions.

How to Use the Sauna:

- You can induce more sweating if you take a hot/warm shower or bath before your sauna session. Drinking hot liquids, exercising, or brushing the skin with your towel or a skin brush can increase 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.
- We recommend drinking a glass of filtered alkaline water (no setting greater than 1) and you may add electrolytes to your water. We provide Trisalts, you may add ½ teaspoon to your water. You may use the glasses provided or your own water bottle.
 - It is advised you drink one glass prior (with electrolytes), a glass during (no electrolytes), and a glass after your session (no electrolytes).
 - Do **not** drink distilled or water treated by osmosis. These are very acidic and will contribute to your overall acidity.
- **Start slowly—this is no contest!** At least 1/3 of the population (especially women and the elderly) are heat intolerant and do not sweat even with vigorous exercise. 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 and urine even if you're not perspiring.*** Again, remember the importance of hydration!
- Begin by using the sauna with the door open at a low temperature setting (100°F) for 5-10 minutes. (You may enter the sauna as soon as the temperature is comfortable for your mode of dress.)
- Start your second session at 105°F with the door closed.

- Increase your time by 3-5 minutes per day and in temperature increments of 1-3°F as tolerated, working up to one half-hour session at 130°F. **We suggest never using the sauna over 130°F or exceed 30 minutes. Do not preheat sauna to the full temperature**—enter the sauna at 98°F and stay in as the temperature increases.
- When the temperature reaches the level set on the control panel, the heaters will turn off and on periodically in order to maintain the set temperature inside the sauna. The heaters continue to emit far infrared as they cool.
- The ceiling vent and/or fan can be used at any time to introduce fresh air into the sauna. You can also open the door to introduce even more fresh air into the sauna. Infrared's unique property of heating the body directly without heating the space in between allows the users to enjoy all of its benefits while the vent or door of a sauna is open for ventilation.
- Perspiration will usually begin within 10 to 15 minutes after stepping into the sauna.
- Be sure to sit on a towel and put a towel under your feet to prevent the sweat from soaking into the woodwork.
- To make the most out of your sauna session, work your muscles while in the sauna. Stretch your arms and legs, massage your neck, massage your feet, etc.
- To avoid reabsorption of toxins, wipe off accumulating sweat with a third towel, and shower soon after sauna use.
- Relax. If you are particularly stressed, postpone 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.

Safety/Risks Associated with Sauna Use:

- If at any point you begin to feel dizzy, sleepy, or lightheaded, please exit the sauna immediately and notify staff.
- Children under 16 must be supervised at all times
- Do not use the sauna if you are pregnant or nursing
- Using a sauna in conjunction with consumption of alcohol, drugs, or prescriptions may cause unconsciousness. If you have questions about your medications, please consult with Dr. Jill
- Please consult Dr. Jill (or your doctor) prior to sauna use. Patients with severe adrenal suppression, Lupus, Or Multiple Sclerosis should discuss far infrared therapy prior to use. Use of far infrared therapy for hemophiliacs is contraindicated.

Flatiron Functional Medicine Sauna Pricing:

- 1st session: \$25
- Every use thereafter: \$40/session
 - Maximum sauna use of 25 minutes
- **Specials:**
 - Buy 5 sessions for \$200 and get 1 FREE!
 - Buy 10 sessions for \$400 and get 2 FREE!

Print Name _____

Signature _____ **Date** _____