

Safety Instructions for Far-infrared sauna

- Please consult your physician, if you have any doubt as to advisability of using the far-infrared sauna.
- Please consult your physician, if you are, or there is a possibility of being pregnant. Exceedingly high body temperatures may cause fetal damage.
- The use of alcohol, drugs, or medications before or during the sauna session may lead to unconsciousness.
- Those individuals suffering from obesity, diabetes, history of heart disease, abnormal blood pressure, or circulatory system problems, please consult your physician prior to use.
- Persons on medications should consult a physician prior to using the sauna.
- A sauna session should not exceed 45 minutes nor should the sauna temperature exceed 140F. The average person is successful with 30 minutes between 120F and 130F.
- In order to prevent dehydration, consume plenty of water before and after the sauna session.
- Do not place anything, including self, against the heat panels. It is most comfortable to lie on the bench seat.
- Caution, if you feel faint, light-headed or heat exhaustion, leave the sauna immediately and inform me.