FAQ'S ABOUT SUNLIGHTEN® INFRARED SAUNA

HEALING, HEALTHY HEAT

WHAT SHOULD I WEAR FOR A SESSION?

To enable infrared to penetrate tissues as deep as possible, we recommend wearing as little as possible. A cotton towel, gym shorts or swimsuit are perfect options.

HOW OFTEN SHOULD I USE THE SAUNA?

One session will leave you feeling refreshed and rejuvenated. But similar to exercise, the more you do it, the better the results. Recommended use is 3-4 times per week for 30-40 minutes.

WHEN WILL I START SWEATING?

Sweat levels differentiate between each individual. Don't be surprised if you don't sweat during the first few sessions. Sweating will increase with regular use. Even if your body is not drenched in sweat, you are still detoxifying from harmful toxins. Also, be sure to drink plenty of water before your session. If you are dehydrated, you will not sweat as much.

DO I NEED A DOCTOR'S NOTE?

No, if you have health concerns we recommend speaking with your doctor before your sauna session.

IS IT OK TO USE THE SAUNA WHILE BREASTFEEDING?

Please consult with your physician, as this answer is usually yes, but may be no depending upon you specific circumstances.

ARE CHILDREN ALLOWED TO USE THE SAUNA?

The core body temperature of children rises much faster than adults. When taking a sauna session with a child, operate at a lower temperature and for no more than 15 minutes at a time. A general rule of thumb is 1 minute inside your sauna per year of age for the child, but always accompanied by an adult. And remember to keep you and your children hydrated, even if you don't see them sweating.

CAN I SAUNA WHILE PREGNANT?

Please consult with your physician, as this answer is usually yes, but may be no Even though infrared is completely safe, it is not recommended to use while pregnant. While pregnant, the core body temperature is already elevated and you could overheat.

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