

## **Infrared Sauna - What you need to know before your book**

The use of infrared saunas may offer many health benefits however, it is important that you fully understand how to use the sauna and gradually introduce your body to the therapy to produce the best results.

In all situations hydration is a requirement for sauna use. Drinking water or even a quality electrolyte replacement is recommended before and after sauna use.

FAR Infrared (FIR) Sauna Therapy is an outstanding treatment modality and relaxation therapy for a great many people. There are, however, some people who should not use FIR sauna at all and others who should use it with caution. If any of the items listed below apply to you, be certain to consult with your physician before booking your session in our full-spectrum Infrared sauna.

### **Infrared Sauna - Contraindications for use**

#### ***Pregnancy***

Infrared Saunas are NOT recommended for use during pregnancy.

#### ***Acute Fever***

Clients with an acute fever should not use an Infrared Sauna until the fever has subsided.

#### ***Haemophiliacs and or Individuals Prone to Bleeding***

The use of Infrared Saunas should be avoided by anyone who is predisposed to bleeding.

#### ***Alcohol & Drugs***

Contrary to popular belief, it is not advisable to attempt to "Sweat Out" a hangover. Intoxication from alcohol and recreational drugs decrease a person's judgment, therefore they may not realize it when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

#### ***Joint Injury***

If you have a recent (acute) joint injury, refrain from any heat treatment for the first 48-72 hours after the initial 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 such as dental, in joints or in any other tissues.

#### ***Insensitivity to heat***

Individuals who have insensitivity to heat should not use the Infrared Sauna.

**Please note: Far infrared saunas DO NOT cure any diseases. DO NOT attempt to self-treat any disease with a far infrared sauna without direct supervision from a certified physician.**

## **Infrared sauna – Use with caution**

### ***Medications***

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drugs effect when the body is exposed to Far infrared waves or elevated body temperature. Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms. Some over the counter drugs such as antihistamines may also cause the body to be more prone to heat stroke.

### ***The Elderly***

The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature

### ***Cardiovascular Conditions***

Individuals with cardiovascular conditions or problems (hypertension / hypo tension), congestive heart failure, impaired coronary circulation or those who are taking medications, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat. Heat stress increases cardiac output, blood flow, in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This is primarily due to major changes in the heart rate, which has the potential to increase by 30 beats per minute for each elevated degree in core body temperature.

### ***Chronic Conditions / impaired sweating***

Multiple Sclerosis, Central Nervous System Tumours, Diabetes with Neuropathy & Parkinson's Disease are all conditions that are associated with impaired sweating.

### ***Implants***

Metal pins, rods, artificial joints or any other surgical implants generally reflect Far Infrared waves and thus are not heated by this system. Silicone does absorb Far infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the Far Infrared waves. It is still advised that you check with your physician to confirm that using our saunas won't affect your implants.

### ***High / low blood pressure***

Infrared sauna does not normally raise blood pressure. Although the heart rate is increased during use, vasodilation of all blood vessels and increased circulation actually allows for a lowering of blood pressure in many users. If in doubt consult with your GP before using an infrared sauna.

### ***Pacemaker and/or Defibrillator***

The magnets used to assemble Infrared Saunas may interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.