

## SAUNA RULES AND REGULATIONS

- Please remove all footwear prior to entering sauna.
- Hydrate - It is recommended that you drink 4 oz of water before sauna and 8 oz after.
- Please do not pour water on sauna heaters. Infrared saunas are intended to provide dry heat therapy.
- Consult your doctor - Individuals with certain medical conditions may be disqualified from using the sauna.
- Sauna doors are made of glass – **Please handle with care.**
- Be mindful of others. If you have chosen to sauna with a friend or loved one, please keep conversations and/or music to a considerate volume.
- Please take all personal belongings with you. Saunacuse is not responsible for lost or stolen items.
- **Relax and enjoy the radiant warmth of your infrared experience!**

## SAUNA SAFETY



**CONSULT PHYSICIAN PRIOR TO USE.**



**DO NOT USE IF PREGNANT, HAVE SERIOUS INFLAMMATION, A FEVER, A COMMUNICABLE DISEASE, ACUTE BLEEDING, OR INTOXICATED.**

### Medications

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

### Children

The core body temperature of children rises much faster than that of adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands and the inability to regulate body temperature by sweating. When using with a child, operate at a lower temperature and for no more than 15 minutes at a time.

### Pregnancy

Pregnant women should consult a physician before using an infrared sauna.

### 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. When using with the elderly, operate at a lower temperature and for no more than 15 minutes at a time.

### Chronic Conditions /Diseases

#### Associated with a Reduce Ability to Sweat or Perspire

Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with a reduced ability to sweat.

#### Alcohol / Alcohol Abuse

Contrary to popular belief, it is not advisable to attempt to "sweat out" a hangover. Alcohol intoxication decreases a person's judgment; therefore, he/she may not realize when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

#### 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 caution when exposed to prolonged heat. Heat stress increases cardiac output and blood flow in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.

#### Hemophiliacs / Individuals Prone to Bleeding

The use of infrared saunas should be avoided by anyone who is predisposed to bleeding.

### Fever

An individual who has a fever should not use an infrared sauna until the fever subsides. Insensitivity to Heat An individual with insensitivity to heat should not use an infrared sauna.

### Menstruation

Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow.

### Joint Injury

If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the 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.

### Implants

Metal pins, rods, artificial joints or any other surgical implants generally reflect infrared waves and thus are not heated by this system. Nevertheless, you should consult your physician prior to using an infrared sauna.

### Pacemaker / Defibrillator

The magnets used to assemble our wooden saunas (not used in the Solo System) can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.