

A black and white photograph of a woman with her hair in a bun, wearing a black sports bra, looking into a sauna. The sauna has a wooden interior.

INFRARED

A black and white photograph of a woman in a black sports bra looking into a sauna. The sauna has a wooden interior.

SAUNA

A black and white close-up photograph of a wooden sauna interior, showing the texture of the wood and a shadow cast on the wall.

PAMPHLET

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wellness

ATTENTION SAUNA USERS!

Your Complete Heat Therapy Knowledge Bomb

INFRARED BASICS: THE SCIENCE OF HEALING HEAT

Infrared saunas differ fundamentally from traditional saunas. While conventional saunas heat the air around you, infrared saunas use light waves to heat your body directly. This allows for deeper tissue penetration at lower temperatures (49-60°C versus 65-82°C in traditional saunas).

Your full-spectrum infrared sauna combines all three infrared wavelengths (near, mid, and far) for maximum therapeutic benefit, giving you the complete range of healing properties in one session.

How Infrared Works:

- Near-infrared (NIR): Shortest wavelength, penetrates just below skin surface
- Mid-infrared (MIR): Medium wavelength, reaches deeper tissues
- Far-infrared (FIR): Longest wavelength, provides deepest heat penetration

Science-Backed Benefits:

- Detoxification: Enhances sweating to release toxins
- Pain relief: Reduces inflammation and muscle tension
- Improved circulation: Dilates blood vessels, increasing flow
- Skin rejuvenation: Boosts collagen production and healing
- Stress reduction: Triggers parasympathetic relaxation response
- Weight management: Increases heart rate similar to moderate exercise
- Recovery enhancement: Accelerates post-exercise muscle recovery

CHROMOTHERAPY: THE HEALING POWER OF COLOR

Chromotherapy (color therapy) combines ancient wisdom with modern technology, using specific light wavelengths to influence physical and emotional wellbeing.

Red Light (630-700nm)

- Stimulates circulation and energy
- May boost collagen production
- Supports cellular repair
- Best for: Physical vitality, skin health

Orange Light (590-630nm)

- Enhances mood and creativity
- Supports respiratory health
- Stimulates digestive processes
- Best for: Emotional balance, lung function

Yellow Light (570-590nm)

- Improves mental clarity and focus
- Supports nervous system function
- Enhances digestive enzyme production
- Best for: Mental stimulation, digestive issues

Green Light (500-570nm)

- Balances and harmonizes the body
- Supports heart health
- Reduces inflammation
- Best for: Overall balance, heart conditions

Blue Light (450-500nm)

- Calms the nervous system
- Reduces inflammation
- Supports sleep quality
- Best for: Relaxation, sleep enhancement, pain management

Indigo Light (420-450nm)

- Supports intuition and awareness
- Calms overactive minds
- May reduce blood pressure
- Best for: Meditation, hypertension

Violet Light (380-420nm)

- Promotes relaxation and meditation
- Supports immune function
- Calms nervous system
- Best for: Spiritual practice, immune support

Optimizing Chromotherapy:

- **Timing matters:** 20-30 minutes per session is typically optimal
- **Consistency:** Regular sessions (3-4 times weekly) provide best results
- **Intention setting:** Focus your mind on the healing properties of each color
- **Hydration:** Drink water before and after to enhance detoxification effects

TAILORING YOUR SAUNA EXPERIENCE

Your perfect infrared sauna session depends on your wellness goals and personal preferences.

By Health Goal:

Remember: The frequency recommendations below are ideal targets, but consistency matters more than perfection. Even one session per week is beneficial! Don't take an all-or-nothing approach—some sauna time is always better than none. Start where you can and build your routine gradually.

For Detoxification:

- Temperature: Higher range (54-60°C)
- Duration: 25-40 minutes
- Frequency: 3-4 times weekly
- Enhancement: Add bentonite clay mask to amplify toxin removal
- Hydration: 500-700ml electrolyte water before and after
- Chromotherapy: Green or violet light

For Pain Relief:

- Temperature: Medium range (52-57°C)
- Duration: 20-30 minutes
- Frequency: 4-5 times weekly
- Enhancement: Apply magnesium oil to painful areas before session
- Positioning: Direct infrared panels toward painful areas if possible
- Chromotherapy: Red or blue light

For Sleep Enhancement:

- Temperature: Lower range (46-52°C)
- Duration: 30 minutes
- Timing: 1-2 hours before bedtime
- Enhancement: Lavender essential oil in the sauna
- Post-sauna: Cool shower to trigger temperature drop that signals sleep
- Chromotherapy: Blue or indigo light

For Skin Health:

- Temperature: Medium-low range (49-54°C)
- Duration: 20-30 minutes
- Frequency: 2-3 times weekly
- Enhancement: Dry brush skin before entering
- Post-sauna: Apply hyaluronic acid serum to damp skin
- Chromotherapy: Red or yellow light

For Stress Reduction:

- Temperature: Lower range (46-52°C)
- Duration: 35-45 minutes
- Enhancement: Guided meditation audio
- Breathing: Practice 4-7-8 breathing pattern
- Position: Reclined if possible
- Chromotherapy: Blue, indigo, or violet light

For Athletic Recovery:

- Temperature: Medium-high range (52-60°C)
- Duration: 20-30 minutes
- Timing: Within 24 hours post-workout
- Enhancement: Contrast therapy (cold shower after)
- Hydration: BCAAs or electrolyte drink before and after
- Chromotherapy: Red or green light

PRACTICAL SAUNA WISDOM

Pre-Sauna Preparation:

- Hydrate with 500ml water minimum
- Avoid heavy meals 1-2 hours before
- Remove jewelry and metal objects
- Shower to remove surface oils and products
- Bring at least two towels - one to sit on and one for wiping sweat
- Keep skin as dry as possible before entering
- Set intention for your session
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During Your Session:

- Sit on your towel at all times to protect the bench
- Keep your skin as dry as possible, wiping sweat regularly
- Position body for optimal exposure to heating elements
- Practice mindfulness or gentle stretching
- Exit temporarily if feeling lightheaded
- Keep water nearby
- Minimize opening the door to maintain heat for other users

Post-Sauna Recovery:

- Rinse with cool water to close pores
- Rehydrate with electrolyte-enhanced water
- Wait 30 minutes before applying products
- Rest for 15-20 minutes before vigorous activity
- Journal health observations for tracking progress

Safety Considerations:

- Not recommended during pregnancy without medical approval
- Consult healthcare provider if you have heart conditions
- Start with shorter sessions (15 minutes) if new to infrared
- Exit immediately if experiencing dizziness or nausea
- Medication users should consult healthcare providers (some medications increase heat sensitivity)

CREATING YOUR PERSONAL SAUNA RITUAL

The most successful sauna users develop consistent rituals that enhance their experience:

1. Set the stage: Create ambiance with soft music, aromatherapy
2. Consciously disconnect: Leave devices outside or use airplane mode
3. Hydration station: Prepare pre and post-sauna drinks
4. Recovery corner: Have clean towels, robe, and skincare ready
5. Journal progress: Track sessions, observations, and improvements

This guide is designed for educational purposes and is not medical advice. Always consult healthcare providers before beginning any new wellness practice.