

Finally your sauna is at home. It's time to relax from your day and let the soft infrared heat wash over and soothe your entire body. Sweat away the stress. Relieve sore muscles. Re-energize every cell of your body while you increase circulation, strengthen your heart and bring nutrient and oxygen rich blood to the surface of your skin and all your vital organs. Here are a few tips to get the most from your sauna experience. Happy bathing!

Safety:

Self-treatment of any disease with an infrared sauna is not recommended without direct supervision of a certified physician. If anything listed below applies to you, please consult your physician before using an infrared sauna:

Obesity, low or high blood pressure, pregnancy, Cardiovascular conditions, any chronic conditions, haemophilia, pacemaker, diabetes, implants or you are on any medication that may have an adverse effect whilst using the sauna you must seek the advise of your GP prior to using the unit. Please note this list is not exhaustive.

Additional factors to consider before using the sauna:

Menstruation - Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow. Some women endure this process to gain the pain relief commonly associated with their cycle whereas others simply choose to avoid sauna use during that time of the month

Fever – an individual that has a fever should not use the sauna

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

Smoker - Smokers are not permitted in the sauna. The wood surface absorbs tobacco odour released from the pores of the body and will cause damage to the sauna and may cause allergic reactions to other clients

Joint injury - you have a recent joint injury, it should not be heated for the first 48 hours after injury or until the hot and swollen symptoms subside. If you have joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating may be contraindicated in cases of infections

Children - The core body temperature of children rises much faster than 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. Consult with the child's Paediatrician before using the sauna. Anyone under 18 must be accompanied by an adult.

Recommendations for Use

1. **Stay hydrated!** Drink plenty of fluids prior to, during and after your sauna session
2. **Towels, towels and more towels.** Use at least 2-3 towels. Sit on one towel folded over several times for added cushioning. Put another towel on the floor to absorb excess sweat. A third towel may be useful to towel off excess sweat to keep you comfortable
3. **Lay off the booze.** Drinking alcohol before using sauna is always a no-no. It can make you feel extra

dehydrated in sauna

3. **No skin lotions.** Do not apply any lotions or oils on the body or face when using the sauna as this may block your pores

4. **Do not eat** anything for at least an hour or two before your sauna session. It is better to go in a sauna with an empty stomach to be more comfortable

5. **Listen to your Body.** Take care not to overheat during your first few sessions. If you feel lightheaded, have a queasy stomach, or start to get a headache, terminate session immediately. As the body continues to adjust, sweating can increase dramatically and body temperature regulation becomes more effective. An increase in heartbeat of up to 30% above the resting pulse is generally considered safe, unless a medical or heart condition requires keeping your pulse rate lower

6. **Sauna Session Timer.** Start Slowly When you first begin to use your infrared sauna. After you begin to break a sweat, a 10 -20 minute session is recommended. For the first week to two weeks, schedule your far infrared sauna sessions every other day. Do not exceed 60 minutes in the sauna per session

7. **Sit up straight.** While lying across the bench is totally fine (and relaxing) we recommend to sitting up to really reap the benefits . This way the heaters will be directly aimed at the front and back of your body. You want your body to absorb as much of the infrared as possible so you want infrared directly at your body core. Both back and front

8. **Cool down and shower.** After the session is over, do not immediately jump in the shower. Since your body was heated up during session it will continue to sweat even after the heaters are off. Sit in the sauna with door open and allow the body to sweat off. Once you feel comfortable enough, take a warm (or cool) shower to rinse the sweat off your body completely

9. **Oxygen Ionizer.** An oxygen ionizer is used to clean the air inside of your sauna, giving you the freshest, cleanest possible air to breathe in while relaxing in your own infrared sauna. The ionizer works by charging the air with negative ions which remove particles from the air. It can remove dust, mold, pollen, and pet dander from your air so the air you inhale in your sauna is free of these contaminants. The particles will clump up and fall to the floor, where you can remove them by sweeping out your sauna regularly

10. **Cleaning the Sauna after use.** We recommend you use a damp cloth to wipe clean the inside and outside of the Sauna. Try not to soak the wood with water as this can darken the colour. Please avoid using any chemical cleaners on the sauna to prevent inhaling toxic fumes and to reap the benefits of the detoxifying effects of the sauna. Vacuum your sauna once per week to keep it free of dust and hair.

11. **Don't wear accessories.** While accessories like necklaces, earrings or bracelets might look good on you, you should not wear them inside of sauna. Most of these accessories are made with a metal which is great conductor of heat. Meaning they get extremely hot and can burn you while you are inside of sauna.

12. **Never sleep** inside the sauna whilst the unit is in full operation.

Note:

1. Do not stack or store any object/s on top of or inside the sauna.
2. Never unplug or adjust the controls with wet hands or when you have wet bare feet
3. Never attempt any repair without consulting with CJC Furniture Ltd. Unauthorised repair attempts will void the warranty.
4. All natural wood articles have variations in the colour, grain and irregularities such as knots and fine cracks. These characteristics are a part of the natural beauty of the wood and in no way should be considered defective.