



## Frequently Asked Questions

**1. What do I wear?**

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

**2. 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.

**3. 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, your body is 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. If you are hydrated properly and want a sweat boost, try our Pure Sweat amplifying cream. Pure Sweat can triple your sweat and increase circulation.

**4. Do I need a Doctor's note?**

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

**5. Is the Infrared coming from lights?**

No, infrared heaters are located on the floor, front, back and side wall panels.

**6. Are there any studies on infrared therapy?**

There are various studies on the use of infrared for a multitude of health benefits. Specifically, Sunlighten infrared saunas have been shown to increase core temperature for detoxification, lower blood pressure, relieve pain and aid in weight loss. These studies can be found on [www.sunlighten.com](http://www.sunlighten.com).

**7. 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.

## 8. 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.

## 9. Can I sauna while pregnant?

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.

## 10. Are there any contraindications for sauna use?

If any of the below apply to you, consult your physician prior to sauna use:

 **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 drugs 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 to a lesser extent, 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 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.

### 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 cool-

ing 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.

### 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.

### 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.

### Chronic Conditions / Diseases Associated With a Reduced Ability to Sweat or Perspire

Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.

### 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.

### Pregnancy

Pregnant women should consult a physician before using 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.