



## Dragonfly Wellness Center Full Spectrum Infrared Sauna

### Prior To Your Sauna Session

- Prior to your sauna session, drink at least 16 ounces of water to prevent dehydration. It is preferable to drink room temperature water so to not counteract the internal heating.

### During Your Sauna Session

- After entering the sauna, expect it to take a few minutes before your core temperature rises and you begin to sweat.
- Remember to drink another 8-16 ounces of water during your session. This is especially true if you are not sweating much, as this may be an indication that you are dehydrated.
- You can do anything you want during the session, but it's usually best to remain seated and enjoy a relatively quiet activity until you get acclimated to the sauna.

### After Your Sauna Session

- Continue to hydrate your body by drinking 8-16 ounces of water immediately after your sauna session.

### Conditions That Have Been Shown To Benefit From Infrared Therapy:

- Circulatory and bleeding disorders
- Cardiovascular disease
- Stroke and injuries to the central nervous system
- Traumatic brain injuries
- Skin conditions including acne, eczema, and psoriasis.
- Neck, thoracic, and back pain
- Chronic kidney diseases
- Diabetes, and diabetic peripheral neuropathy
- Non-healing wounds, diabetic ulcers, macular edema
- Osteo- and rheumatoid arthritis
- Shoulder and rotator cuff injuries
- Disk degeneration
- Spinal stenosis
- Strains and sprains
- Migraine, muscular, and tension headaches
- Lymphedema
- Seasonal affective disorder (SAD)
- Bell's Palsy
- Parkinson's Disease
- Onychomycosis
- Raynaud's Syndrome
- Carpal tunnel syndrome
- A meniscus tear in the knee
- Osgood-Schlatter disease
- Plica syndrome
- Plantar fasciitis
- Patellofemoral syndrome
- Other muscular, joint, or skeletal pain

## What To Expect from Your Sauna Experience?

Infrared therapy is a painless, non-invasive procedure that may represent an effective treatment alternative to more invasive medical procedures. In some cases, the effects from infrared sauna therapy can last for several hours or even days after the session. An infrared sauna therapy is similar to a steam bath, but, unlike steam, an infrared sauna is a dry heat. You should feel relaxed and comfortable in your sauna. To most people, a sauna will not feel as hot as a steam bath. However, it's best to start with a short session at moderate temperature, then gradually increase the time and temperature as your body acclimates.

The general feeling is that of sitting near a radiant heater. As the infrared waves penetrate your body, you will notice your temperature start to rise. This typically results in a pleasant internal warming sensation, similar to drinking a hot beverage, rather than just feeling like it's too hot. Over time, your core body temperature will begin to rise, and you will begin to perspire.

Infrared sauna therapy can provide a safe alternative to medication and other forms of physical therapy. The heat causes the release of endorphins from your brain, leading to a reduction in pain, elevating your mood, and leaving you with a feeling of comfort and relaxation. The heat from infrared therapy also causes your blood vessels to expand, improving circulation and enhancing your body's immune and cellular systems.

After a few sessions, your body will begin to acclimate itself to the sauna. The temperatures won't seem as hot, and the time won't pass so slowly. You may also notice that you aren't as hungry or tired afterwards but are instead feeling healthy and energetic. Most people also find that their sleep improves after a sauna.

Many people combine different health care activities with an infrared sauna, such as a 20-minute sauna followed by a massage to finish the session. Other people may use a sauna session to warm up for a physical workout, or as a follow-up activity to treat sore muscles after their workout.

Whether you are treating an overall health issue, a skin condition, a weight issue, or an injury, an infrared therapy treatment can change things for you. Just remember to go through your pre-session checklist and stay hydrated before, during, and after your session.