

## SAUNAS AND CONTRAINDICATIONS

Like all professional equipment, you may put yourself at risk if you do not fully understand how to use an infrared sauna. Infrared sauna use as creating a cure for or treating any disease is neither implied nor should be inferred. Drinking an electrolyte-replacing water or a sports drink is strongly recommended before and after use.

### Precautions

If any of the items listed below apply to you, be certain to consult with your physician before using an infrared **sauna**.

- ▶ **Medications**
  - ▶ **Children**
  - ▶ **The Elderly**
  - ▶ **Cardiovascular Conditions**
  - ▶ **Alcohol / Alcohol Abuse**
  - ▶ **Chronic Conditions / Diseases Associated With Reduced Ability To Sweat Or Perspire**
  - ▶ **Hemophiliacs / Individuals Prone To Bleeding**
  - ▶ **Fever**
  - ▶ **Insensitivity to Heat**
  - ▶ **Pregnancy**
  - ▶ **Menstruation**
  - ▶ **Joint Injury**
  - ▶ **Implants**
  - ▶ **Pacemaker / Defibrillator**
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**Saunas & 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.

**Saunas & 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.

**Saunas & 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.

**Saunas & 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.

**Saunas & 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.

### **Saunas & Chronic Conditions / Diseases Associated With Reduced Ability To Sweat Or**

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

**Saunas & Hemophiliacs / Individuals Prone To Bleeding:** The use of infrared **saunas** should be avoided by anyone who is predisposed to bleeding.

**Saunas & Fever:** An individual who has a fever should not use an infrared **sauna** until the fever subsides.

**Saunas & Insensitivity to Heat:** An individual with insensitivity to heat should not use an infrared **sauna**.

**Saunas & Pregnancy:** Pregnant women should consult a physician before using an infrared **sauna**.

**Saunas & Menstruation:** Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow.

**Saunas & 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.

**Saunas & 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**.

### **Saunas & Pacemakers / Defibrillators**

**The magnets used to assemble our can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.**

*In the rare event that you experience pain and/or discomfort, immediately discontinue **sauna** use.*