

SAUNA - INFORMATION ON CONTRAINDICATIONS AND CAUTIONS

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 extreme caution when exposed to prolonged heat. Heat stress increases cardiac output, 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. We discourage using the sauna if you have congestive heart failure or uncontrolled high blood pressure.

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 they may not realize it 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 - Parkinson’s, Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.

Insensitivity to Heat - An individual that has insensitivity to heat should not use the Infrared Sauna.

Pregnancy - Pregnant women should not use the Infrared Sauna because fetal damage can occur with a certain elevated body temperature.

Fever - An individual that has a fever should not use the Infrared Sauna.

Joint Injury - If you have a recent joint injury, it should not be heated for the first 48 hours or until the hot and 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. Vigorous heating is strictly contra-indicated in cases of enclosed infections such as dental, in joints or in any other tissues.

Pacemaker / Defibrillator - The magnets used to assemble the units of the sauna can interrupt the pacing and inhibit the output of pacemakers. If you have a pacemaker or defibrillator, you should not use this Sauna.

Medications - Diuretics, barbiturates and beta-blockers may impair the body’s natural heat loss mechanisms. Some over the counter drugs such as antihistamines may also cause the body to be more prone to heat stroke. During your session, slightly open the door of the sauna to allow cool air to come in if you are feeling too hot.

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.

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. During your session, slightly open the door of the sauna to allow cool air to come in if you are feeling too hot.

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.

Implants - Metal pins, rods, artificial joints or any other surgical implants generally reflect Far infrared waves and thus are not heated by this system. Certainly, the usage of an Infrared Sauna must be discontinued if you experience pain near any such implants. Silicone does absorb Far infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the Far infrared waves. Since silicone melts at over 200°C (392°F), it should not be adversely affected by the usage of an Infrared Sauna. It is still advised that you check with your surgeon to be certain.

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