

Sauna Session Preparation and Detox Tips

Drink 8-16 ounces of spring water before a sauna session.

Do not wear much clothing in a near infrared sauna so that the rays will penetrate the skin. A bikini bathing suit is fine, however, if needed. Otherwise do not wear clothing.

Begin with only 20 minutes in the sauna. After a few weeks, only if you feel well enough to do so, you may increase to 30 or even 40 minutes. Never begin with sessions longer than 20-minutes once a day because this can cause massive healing reactions that are unpleasant and even dangerous.

If debilitated or very heat sensitive, begin with 15 minutes or less in the sauna. Wipe off your sweat every few minutes if you wish with a small towel. Always leave a sauna at once if you feel very faint, if you stop sweating, or if your heart starts to race.

Shower off or you can towel off after your sauna session. Do not use any lotions or soaps as this can clog your pores.

Always relax after a sauna session to allow the body to readjust. Always rest for 10 to 15 minutes after a sauna session. Do not go right back to daily activities.

Always consult a health professional if you have a chronic illness and are not sure about sauna use. However, we have found no problems with using a sauna with people who have diabetes, heart disease and other chronic illnesses. Far infrared sauna sessions are fabulous for those with cancer. To read more about this, read [Cancer And Alternative Therapies](#).

Pregnant women should avoid saunas.

Continue prescribed medication while taking saunas, unless directed otherwise.

Use a sauna twice a week to twice a day. However, always begin with a maximum of one session daily for no more than one-half hour. If one is very debilitated, begin with once a week. Work up to daily use as you are able to do so.

Healing reactions are temporary symptoms that occur as toxic substances are eliminated and chronic infections heal. Symptoms vary from mild odors, tastes or rashes are very common and usually pass quickly. Some people feel great fatigue after sessions and this is normal. Some people have bowel changes, aches, pains or headaches.

Old infections may flare up as they are healed due to repeated sauna use. Usually only rest and natural remedies are needed to help infections resolve faster.

Almost all healing symptoms are benign and will pass quickly. Consult a knowledgeable practitioner if any cause concern.