

Infrared Sauna Therapy

User Manual



Synergy Health & Wellness Centre
1 First Street, Unit 224 Collingwood, ON L9Y 1A1
Tel: (705) 446-5828, Email: Info@synergywellnesscentre.com

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The following form must be completed before entering our sauna! – PRINT THIS PAGE !

Infrared Sauna Waiver / Disclaimer

Date:	First Name:	Last Name:
Age:	Gender: M F	Date of birth:
Contact Number:	Emergency Contact Name: _____	
Email:	Emergency Contact Number: _____	

Health History

Current Health Conditions (please list all):

1. _____
2. _____
3. Other: _____

Current Medication and / or Nutritional Supplements (please list all):

1. _____
2. _____
3. Other: _____

Absolute & Relative Contraindications.

Including but not limited to 1) pregnancy, 2) Surgical Implants, 3) Certain Prescription Medication, 4) Certain Medical Conditions (lymphadema, kidney disease, seizures, liver disease, heart disease, anemia, etc.), 5) the elderly, 6) young children & newborns, 7) silicone implants & prostheses.

Disclaimer

If you suspect you have, or if you have a current medical conditions, and / or if you're taking any medication, please consult your primary health care provider before using our infrared sauna. This form is in no way intended as a substitute for professional / medical consultation. The information in this form is not used to diagnose, or treat any medical conditions. It is advised that you seek consultation with your primary health care providers for clearance before using our sauna. It is strongly advised that all elderly and young children speak with health care providers before using a sauna.

I have read the above disclaimer, I have read the user manual, I have been informed about the fees, I have had the opportunity to ask any questions about its content, and by signing below I agree to disclaim Synergy Health & Wellness Centre and its members from any liability in connection with the use of the sauna. Our privacy policy for personal information is available online: www.synergywellnesscentre.com, or in the clinic reception area.

Note: This form is valid for a maximum of 6 months. If your medical health history should happen to change please contact us before continuing to use our sauna.

Signature: _____ **Date:** _____ **Witness:** _____

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www.synergywellnesscentre.com

Infrared Sauna Fees

There are a few ways you may use our infrared sauna. 1) Self directed sessions, 2) sessions directed by your primary health care provider, or 3) sessions directed by one of the professionals in our clinic. It is highly recommended that you consider to be guided by a health care professional if you plan on doing multiple sauna sessions for therapeutic purposes.

Self Directed Sauna Sessions

A) 30 Minute Sessions

1. Single 30 minute Session..... \$30.00
2. 12 Sessions..... \$180 (50% saving!) – to be used within 60 days

Please note: 30 minute sessions include a 15-20 minute sauna session along with a 10-15 minute cool down / relaxation period. The room will be booked in 30 minute intervals on the ½ hour. Please respect others and abide by our sauna policies, procedures and guidelines. Also note that your 12 sessions must be used within a two month or 60 day period. 30 minute sessions are good for beginners.

B) 60 Minute Sessions

1. Single 60 minute Session..... \$45.00
2. 12 Sessions..... \$270.00 (\$50% savings!) – to be used within 60 days

Please note: 60 minute sessions include a 40-50 minutes sauna session along with a 10-20 minute cool down / relaxation period. The room will be booked in 60 minute intervals on the hour. Please respect others and abide by our sauna procedures and guidelines. Also note that your 12 sessions must be used within a two month or 60 day period.

Note: For individual sessions payment is due either prior to, or after your sauna session. We accept cash, cheque, debit, visa, and MasterCard. Multiple session package rates are considered to be a set-rate and will require prepayment.

Professionally Guided Sauna Sessions

Please note that programs will be developed on an individual basis. Professionally guided programs may include sauna therapy along with a detoxification regime, acupuncture, manual therapy, massage, rehabilitation, personal training, and along with nutrition, lifestyle and supplementation advice.

Professionally guided programs may include but are not limited to:

1. 30 day detoxification
2. Athletic Performance Enhancement
3. Body Sculpting
4. Weight Management
5. Lower Back Conditioning
6. Freedom from Chronic Pain
7. Optimal Bowel Health
8. Mood Enhancement
9. Brain Health
10. Stress Management

For more information please don't hesitate to contact the clinic, or any of one of our doctor's or therapist.

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SYNERGY USER MANUAL

Sauna Guidelines

--No food or drinks other than water are allowed in the sauna--

1. **What you'll need to bring with you?** You will need *5-6 medium sized towels* and *4-5 small hand towels*. Carry your towels in a hand bag and include a small garbage bag to place your towels in after use. This way you can simply throw them in the wash when you arrive at home. Please come showered or clean and not soiled with dirt. Bring a bathing suit with you to wear in the sauna. You will also want to bring a large glass bottle of water. The water will be needed to drink throughout and after your session. Once in the sauna please place your water bottle on the floor flush with the bottom corner of the bench on either side (this is a "cool-zone" away from direct infrared rays. There will be water on the premise should you happen run out. Pack a few snacks in your bag to be used as a post sauna meal. Fruit, whole food bars, protein shakes, and soy milk are all good choices. Please do NOT eat in the sauna or in our clinic in general. Reserve your snacks for your commute home. You may also want to bring a book, magazine, or an MP3 / CD player. There are RCA cables located to the right of the sauna. Simply plug and play! It is best that you refrain from using the sauna on a full stomach. Also, it is best if you refrain from applying body lotion prior to your sauna session.

CHECK LIST

- i. **Bathing suit**
- ii. **Towels (5-6) and hand towels (4-5)**
- iii. **Water in glass bottle**
- iv. **Book or Magazine**
- v. **Post sauna snacks**
- vi. **MP3 /CD player**

****Aromatherapy and essential oils **ARE NOT** permitted inside our sauna****

2. **Preparation & Warm-Up.** If the sauna is not warmed up you may use this time to do some light calisthenics. Jogging in place, yoga, or rebounding while the sauna is warming up is a great way to get a little exercise and to start the detoxification process. The sauna usually takes between 10-15 minutes to warm-up. This is a perfect amount of time to do a little exercise. If the sauna is warmed up you may simply put on your bathing suit and enter into the sauna. There are a few hooks for you to place your clothing on while you're in the sauna. You may also need to hydrate yourself with water before the session begins. You may also want to weigh yourself with our scale, before, and once again after your sauna session. This way you will know whether or not you've consumed enough water throughout your session. Your body weight should be roughly the same before and after the sauna session. We do not want you to lose weight from water loss. However, the rise in metabolic rate may eventually result in weight loss overtime.

a. **Setting the Temperature**

- i. Dial the right knob clockwise and set the temperature limit you desire (30-55 C).
- ii. It is not necessary to wait until it reaches desired temperature before you enter.
- iii. After a few sessions you will find your own optimal temperature setting.
- iv. 45-50 degrees is the average limit of comfort level for most healthy individuals.
- v. 35 degrees may be a good start for beginners and those not accustomed to heat.

b. **Setting the Timer** ***The timers must be on for the heaters to start***

- i. Dial the left knob clockwise to desired time (0-60min).
- ii. The timer has a built in safety function and will always time down to zero and shut down automatically.

c. **Checking your Vitals*****If you're sensitive to heat, weak, fragile, etc. you may want to check your vitals before, during, and after your session.

- i. Blood Pressure
- ii. Pulse

iii. Temperature

Note: If your vitals increase more than 10-15 points above your resting levels you may want to consider ending your sauna session. Sessions are meant to be relaxing and not stressful. There's enough stress out in the "real world" for you to deal with. Be gentle with your body, if you feel discomfort / stress you may have had enough for the day.

3. **Sauna Session.** You will need 3 towels to cover the sauna and 2-3 towels to continually towel yourself off as you sweat. Place the 1st towel on the bench where you will be sitting, place the 2nd towel along the back of the seat where your back will rest, and place the 3rd towel on the floor of the sauna. Use your other towels to wipe off the sweat as it accumulates. Once you have saturated a towel with sweat, toss it out the door into your trash bag. ALWAYS in on a towel inside our sauna. Additionally, never place your wet towels directly on the wood of the sauna. Sweat is toxic and will stain the wood. If you happen to accidentally stain the wood with your sweat please clean the surface using hydrogen peroxide provide by our clinic.

a. **Sweating**

- i. If you do not sweat easily do not exceed 15 minutes on your first session.
- ii. Do not exceed 15 minutes on subsequent sessions until you break a sweat.
- iii. Do not exceed 30 minutes unless you have been using the sauna for at least one month.

b. **Drinking Water**

- i. It is important that you drink sufficient water during and after your sauna session.
- ii. Always drink water while inside the sauna.
- iii. If you plan on doing multiple sauna sessions please consider using an electrolyte replacement such as SaunaRay Salts. The main minerals lost in sweat include; magnesium, calcium, sodium, and zinc. Many individuals are deficient in Ca⁺, Mg⁺, and zinc to begin with so it's extremely important to top up your stores if you plan in using a sauna.
- iv. Drink your water in a glass bottle, not plastic.
- v. Place your glass on the floor flush with the bottom corner of the bench on either side (this is a "cool-zone" away from direct infrared rays).

c. **Using the Window**

- i. To allow fresh air into the sauna you may periodically open the sliding window. This window may also be left open if you're having a hard time acclimatizing to the heat. Start slow.
- ii. Open the window 1cm to allow a continuous inward breeze of room temperature air.
- iii. Open the window more every five minutes if you want an occasional breath of cooler air.

Note: You may want to start with 10-15 min sessions and slowly work yourself up to 30-40 minutes sessions once your body becomes more accustomed to the sauna and your ability to sweat increases. Eventually you may be able to tolerate 1 hr sessions comfortably.

4. **Post Sauna / Cool Down.** After your session is over place all your wet towels in your garbage bag. If you notice that you've accidentally accumulated some sweat on the wood of the sauna, please use the spray bottle containing hydrogen peroxide to clean it off. Once you're out of the sauna, use your 4-5 small hand towels and the spray bottles filled with water supplied by our clinic to wipe off any remaining sweat from your body. Simply spray yourself down with the spray bottle and wipe yourself dry. If you've continually toweled yourself off and kept drinking water during the sauna, there is really little need to have a shower. Also, because of the nature of the infrared sauna, you will not continue to sweat once you've exited the sauna. You will simply be able to put your clothing back on and head out for the day. Avoid the use of creams, lotions, and perfumes that may contain toxic ingredients and that may block your pores. Any remaining time that you may have in the sauna / therapy room can be used as a cool down. It is recommended that you spend 5-10 minutes relaxing after your session. Doing some meditation, self massage, yoga, gentle stretching or movement exercise during this time can be quite therapeutic. Also, we cannot reiterate enough how important it is for you to re-hydrate yourself during and after your sauna session. If you plan on doing multiple sauna sessions you may also want to ask us about how you can replenish lost electrolytes and nutrients. Nutrient and electrolyte timing will become extremely important in these cases. Sauna sessions may be passive in nature. However, it places a large metabolic demand on your body. Therefore, you may also want to fuel your body with a mixture of proteins, carbohydrates, and healthy fats after your session. A natural protein bar such as Elev8me from prosnack is a great convenient snack / mini meal that you can carry with you and consume after your session / on your way home. We often carry a selection of healthy bars and electrolyte solutions that can be purchased on your way out of the clinic.

IMPORTANT: If at any time during or after your sauna treatment you experience any adverse side effects please contact one of the doctor's, therapists, staff, or volunteers immediately. If any symptoms develop during the sauna session, please STOP, and contact one of us immediately. Side effects may include, but are not limited to: nausea, weakness, irregular heart beat, shortness of breath, dizziness, disorientation, muscle cramps, muscle spasm, or any other adverse side effects. If you notice any symptoms of heat stroke (dry, cool skin), stop your sauna session and contact us immediately.

There are 3 ways you may use our sauna. 1) Self directed sessions, 2) Sessions directed by a health care practitioner outside of our clinic, or 3) Sessions directed by one of the doctors or therapists at our clinic. If you are unfamiliar with sauna therapy and detoxification and plan on doing multiple sessions it is highly recommended that you be guided by a health care professional.

*****Caution and Care*****

- If you have any artificial implants seek guidance by your health care practitioner before using our sauna. Those permitted to use the sauna will be required to wrap the implant with 2 inch thick towels to avoid heating it up.
- If you take prescription drugs or suffer from any physical ailments consult your physician before beginning any sauna program.
- The comfort range for far infrared sauna is 40-45C. With 40C being very warm and 45C being hot. The exact temperature is not important, as long as you are warm and can sweat after about 15-20 minutes.
- Electrolyte restoration is critical after each session. Electrolytes are a combination of potassium, calcium, magnesium, and sodium which you lose when perspiring. Inquire at our clinic about Re-hydration options

*****It is advised that you have a complete physical from your doctor / primary health care provider prior to using our sauna*****

Notes of Interest:

- Far infrared sauna wavelength penetrates 1-1/2 inches into the body.
- Sweating helps to rid the body of toxic chemicals.
- A 30 minute session can burn from 300-600 calories.
- Sauna therapy as a form of "passive" cardiovascular conditioning.
- Infrared rays help melt away muscle and joint tension.

To learn more about Infrared Sauna Therapy you may be interested in Dr. Asselin's new ebook "[The Power of Sweat](#)".

Tel: (705) 446-5828

www.synergywellnesscentre.com

HOME USE?



www.saunaray.com

Looking to purchase a sauna for home use?
Contact Dr. Rene Asselin for pricing, options, etc.
drrene@synergywellnesscentre.com