



## GREENWICH POINT DERMATOLOGY

### INFRARED SAUNA

#### PRE-TREATMENT INSTRUCTIONS

- Wear comfortable, loose clothes.
- Avoid applying lotion or oil to your body prior to treatment.
- Hydrate with at least 8 ounces of water to prepare for a rise in core temperature.
- Remove shoes and socks.

#### TREATMENT INSTRUCTIONS

- Bring a bottle of water into the sauna to stay hydrated.
- Use a towel to absorb sweat during your treatment.
- You can use your phone to play music for relaxation.
- The sauna is preset to a purifying mode, but you can customize your treatment once in the sauna.
- The optimal sauna treatment is 100°F to 130°F for 40 minutes
- Always listen to your body and adjust the temperature and time of your session based on how you are feeling.
- The long term benefits of regular sauna use will leave you feeling rejuvenated and refreshed.

Relax, detox and savor the time to yourself!

#### POST-TREATMENT INSTRUCTIONS

- Dry off with a towel, and allow your body to cool down naturally.
- Rehydrate! We love coconut water for its ability to restore electrolytes.

Enjoy your post-treatment glow!

*Please let us know immediately if you feel light-headed, dizzy, or unwell. If you are pregnant, we ask that you refrain from the sauna.*

If you have any questions or concerns, please call our office at 203.764.2230.