

*Hello Gorgeous*  
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## **CLEARLIGHT INFRARED SAUNA**

- 1) Opening the door allows fresh air to enter the sauna
- 2) Drink liquids prior to and after your session
- 3) Towel off during your session. This will help the body perspire more freely
- 4) To relieve sore and tight muscles massage these areas for faster healing and effectiveness.
- 5) Oil and lotions tend to decrease perspiration by blocking pores. Apply these after your session for best results.
- 6) Some minerals can be lost in perspiration. Eating a sensible diet including fruits and green leafy vegetables will replace these. Supplements can also be taken to replenish minerals.
- 7) Limit food intake an hour before your suna session. Your body will be able to detox more effectively because it will not be using that energy for digestion.
- 8) First sign of a cold, flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of the viruses.
- 9) Taking a shower or bath before a sauna session tends to increase perspiration as bathing opens the pores.  
Use a least 2-3 towels for maximum comfort.
  - a) Sit on one towel folded over several times for added cushioning.
  - b) Use another towel on the floor to absorb extra perspiration.