

WHAT IS AN INFRARED SAUNA.....(Our Sauna is a Clearlight Sauna)

The way Infrared saunas work is to heat your body directly with far infrared heat. In a traditional sauna you are just sitting in a hot room of 80-105 degrees C. In an infrared sauna, the heat is heating your body directly and only 20% of the heat is heating the air.

You want to heat your body core, meaning your front core and your back core. Your body absorbs the infrared heat and reacts to it. The gentle infrared heat will raise your core temperature and stimulate your metabolism, lymphatic system, immune system and cardiovascular system. Your body's response to that is to sweat profusely. In addition to the infrared heat triggering a profuse sweat, the water in your body also resonates with far infrared heat and this also helps with the detoxification process.

Do's

1. Properly hydrate before your session.
2. We recommend sitting on a towel.
3. You can shower before your session if you wish
4. Its good to bring a smaller towel to wipe yourself down once you start sweating as your body will send out toxins from inside the body.
5. Whilst inside the sauna relax, reflect, listen to music, read a book or just chat.
6. Shower after your session.

Benefits

1. **Improved heart health;** Within minutes of sitting in an infrared sauna your bodies natural response begins it mimics exercise helping to boost heart health and reduce blood pressure.
2. **Soothing sore muscles;** The improved blood circulation can help speed up recovery.
3. **Pain Relief;** Studies have shown using an infrared sauna is a promising method for treatment of chronic pain.
4. **Relaxation;** Warming your body seems to warm your soul, may help to reduce depression, anxiety and stress. It's like meditation in warm temperatures.
5. **Catching ZZZ'S;** Better sleep has also been linked to sauna use.
6. **Fighting off illness;** Infrared sauna use reduces oxidative stress which is associated with cardiovascular disease, cancer and degenerative diseases like dementia.

Dont's

1. Pour water on the heaters
2. Don't drink alcohol before your session
3. Use a sauna if on medication without checking with your doctor first.
4. Use a sauna if you have a heart condition without checking with your doctor first.
5. Use a sauna if you have a blood condition without checking with your doctor first.
6. Use a sauna if you have an existing condition without checking with a doctor first.

After the Sauna

It's recommended to cool down a bit after the sauna then take a warm or cold shower to wash away all the sweat and toxins secreted by the body. Then slowly get ready and try to wear loose clothing as your bodys temperature may continue to be higher after the session. Continue to drink water after your session to ensure adequate hydration is achieved.

To book a session

Go to focusfitnesscentre.com scroll down to memberships, click the button, complete the form and book the best time for your session. Any issues please contact us on 07747014995/ 01343540240

