

## Infrared Sauna FAQ's

**How long are the sessions?** Each session has a max time of 40 minutes. The sauna is booked in 45-minute increments to allow for cleaning in between clients. Optimal session lengths are between 30 and 40 minutes, 3-4 times per week.

**What is the temperature of the sauna?** The ideal therapeutic temperature is between 100-130 degrees F.

**Is it safe for me to use the infrared sauna?** Infrared sauna use is safe and effective for almost everyone. Please consult your physician if you have any conditions listed on the [contraindication sheet](#).

**Will I be alone in the Sauna?** Each sauna reservation is for a single person. Please contact H2O if you are interested in having a friend join you in the Sauna.

**What do I wear in the Sauna? What should I bring with me?** We recommend wearing shorts and a t-shirt. You may also wear your bathing suit. Each person is required to bring their own towel which will be used to sit on.

**Is Infrared heat safe?** Yes. Infrared saunas use harmless infrared light so they do not pose a health risk to children or adults. The light used in an infrared sauna does NOT contain harmful ultraviolet rays.

**What is the difference between an infrared sauna and a traditional sauna?** The primary difference between the two is the method by which they produce heat. Traditional saunas use water and heated rocks to produce steam. This combination can heat the room to higher temperatures than infrared. Infrared relies on infrared spectra of light which produces deeper sweats at reduced ambient air temperatures.