



sunlighten™
empowering wellness™

SAUNA PROTOCOL

Your guide to the optimal sauna experience.

PRE SESSION

- Hydrate to prepare for an increase in core body temperature.
- Pre-heat approx. 30 minutes.
Depending on room temperature, your sauna will heat up a degree per minute.
- Use Bamboo Carbon Towels on bench to absorb sweat.

SAUNA SESSION

- Start session when sauna reaches 100°F.
- Optimal sauna experience occurs between 100° and 130°F.
- Start slow with 10-15 minute sessions at 100°F every other day.
- Gradually increase towards 40 minute daily sessions in the optimal temperature range.
- You may not sweat during the first few sessions. Sweat will increase with regular use.
- For added intensity, use Pure Sweat cream to boost results.

POST SESSION

- Drink at least 24 oz. of reelectrolyteME to replenish fluids.
- Dry off with Bamboo Carbon Towel. Cool down naturally or with a shower.
- Every six months, clean wood and glass with our Natural Sauna Cleaning Kit.

Sauna care products available at
store.sunlighten.com