

Wellville

Massage & Healing Arts

There are several benefits to using the Sunlighten sauna. Some of these include:

DETOXIFICATION

RELAXATION

PAIN RELIEF

WEIGHT LOSS

LOWER BLOOD PRESSURE

BETTER

CIRCULATION

SKIN PURIFICATION

Some cautions to be understood and followed for safe use of the Sunlighten sauna:

1. Do not use if pregnant, have serious inflammation, a fever, a communicable disease, acute bleeding, or intoxicated.
2. The use of drugs or alcohol prior to or during the sauna session may lead to dizziness or unconsciousness.
3. Please contact and consult your physician if you are in doubt of your ability to use the Sunlighten sauna for health reasons.
4. No clients under the age of 18 are permitted in the Sunlighten sauna unless accompanied by a supervising adult. When using with a child, operate at a lower temperature and for no more than 15 minutes at a time.
5. Please discontinue the use of the Sunlighten sauna if you feel light-headed, dizzy or heat exhausted.
6. Sauna sessions should be limited to a maximum of 40 minutes.
7. It is advised to drink plenty of water before and after your sauna session.
8. Clients using any medications or that are affected by high temperatures or sweating should consult a physician prior to use of the sauna.
9. Clients with a medical history of circulatory system problems should consult a physician prior to using Sunlighten sauna.

Physical Contraindications

1. Cardiovascular Conditions - Individuals with cardiovascular conditions: hypertension/hypo tension, congestive heart failure, impaired coronary circulation or those who are taking medications which might affect blood pressure should exercise caution when exposed to prolonged heat.
2. Chronic Conditions/Diseases Associated With a Reduced Ability to Sweat or Perspire - Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.
3. Hemophiliacs/Individuals Prone To Bleeding
5. Insensitivity to Heat
7. Joint Injury - If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind.
8. Implants - Metal pins, rods, artificial joints or any other surgical implants generally reflect infrared waves and thus are not heated by this system. Nevertheless, you should consult your physician prior to using an infrared sauna.
9. Pacemaker/Defibrillator - The magnets used to assemble our saunas can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.

Medications

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drug's effect when the body is exposed to infrared waves or elevated body temperature. Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms. Anticholinergics such as amitriptyline may inhibit sweating and can predispose individuals to heat rash or to a lesser extent, heat stroke. Some over-the-counter drugs, such as antihistamines, may also cause the body to be more prone to heat stroke.