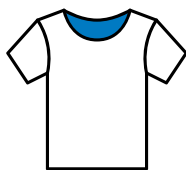
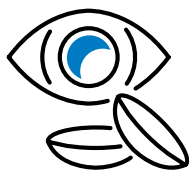


HOW TO USE THERMAL ROOMS SAFELY

Before Entering the Thermal Room



**REMOVE ALL
CLOTHING &
JEWELRY**



**REMOVE
CONTACT LENSES**



**SHOWER & FULLY
DRY YOURSELF***



**MAKE SURE YOUR
FEET ARE WARM
(USE A FOOT BATH)**

*Shower both for hygienic reasons and to remove lotions/oils/antiperspirants that will delay the onset of sweating.

Thermal Room Use



IDEAL TO LIE DOWN

You want your entire body within the same temperature zone. If you must sit, sit with your feet up on the same bench you are sitting on.



SWEAT BATHING TIME

The first session should last **8-15 minutes**, depending on how the body reacts. Always listen to your body.



RINSE OFF

Cool off first in the air and then rinse off the sweat with a cool shower.



COOL OFF

Once clean, enter a cold plunge pool, snow/ice room or cold deluge shower. Always end with a cooling experience.

REPEAT

As tolerance is built up, repeat with two more sessions. Your body will visibly sweat more rapidly during the second and third sessions, which are normally shorter than the first.



REHYDRATE

Your body will rehydrate faster when drinking room temperature water because the body has to heat cold water up before it can be absorbed.