

What is your Infrared Sauna Temperature?

What temperature is best?

The right temperature in an infrared sauna will be different for everyone. Everyone sweats at a different point and everyone is okay with heat at a different point. It depends on your comfort level and what you are looking to accomplish. You want to find a temperature that makes you sweat a good amount to get the toxins out, but you also don't want to feel ill.

When you are in an infrared sauna it can raise your body's core temperature up to 3% in a 45 minute session. This is giving your body an artificial fever which increases your immunity against diseases and helps fight infections.

Reasons that you might not be sweating

- Your body is dehydrated
 - Drinking water BEFORE your treatment is just as important as during and after
- Your body needs a higher temperature to sweat
- Your pores are filled with toxins so it might take a few sessions before you really start to sweat
- It has been too long since your last infrared session



BUILD UP YOUR
IMMUNE SYSTEM !



Why should I raise the temperature?

There are a number of reasons that we recommend raising the temperature when you get into the infrared sauna.

When you raise the temperature higher at the start of your session rather than starting at a high temperature it gives your body time to adjust to the heat.

You also want the infrared emitters to remain active/on during your entire session in order to receive the best benefit. If you leave the temperature the same as when you start your session, the emitters will turn on and off to maintain that temperature, like an oven does, which results in not getting the full benefit.

When the infrared waves turn off you are now essentially in a traditional sauna at a much lower temperature than a typical traditional sauna is at. You will be getting the benefits of the infrared waves only when the infrared emitters turn on.

If you're not comfortable turning the temperature up from our standard 120° start, then we highly recommend starting at 100 or 110° and turning it up from there. Turning the temperature up when you get in will make the infrared waves stay on for more or all of the treatment.

Let us know if you want us to start your sessions at a temperature lower than 120° and we will put a note in your account to have it set there for your appointments.

Treatment Recommendation:

We recommend raising the temperature 5-40 degrees when you get into the booth. The more often you visit and have appointments close together, the faster you will sweat.

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