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Linco Beauty & Slimming Equipment Pvt. Ltd.

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SAUNA BATH Dos and Don'ts

DON'Ts

- Electrical points must not be installed in the sauna room. Light fixtures
- For safety, the sauna room door should be openable from inside and should not have a door lock.
- Inspect sauna unit regularly for required maintenance to heater and control for trouble free operation.

FOR USERS

- Don't take a Sauna Bath if using alcohol, drugs or medications.
- Pregnant Women or persons with poor health, heart related problems, high blood pressure or circulation problems should consult their physician before using sauna.
- Do not touch the sauna unit - it gets extremely hot during heat flow.
- Minors should be adequately supervised whenever they are in sauna room.
- Leave the sauna room immediately if uncomfortable, dizzy or sleepy. Staying too long in sauna can lead to suffocation.
- Influenza, skin infections, acute wounds and inflammation of joints and muscles and acute back disorders such as sciatica get worse in the sauna. Basic rule: avoid sauna bath if you have an acute symptoms.
- Do not exercise in the sauna room; it can cause dangerous breathlessness.
- Don't use soaps or lotions after your infrared sauna session

DOs

- When taking sauna, allow time to relax completely.
- Remove clothing and jewellery.
- On completion of you sauna bath take a shower with cool or warm water
- Beginners should stay in the sauna room for at most 2-3 minutes. Experienced users may stay from 5 to 15 minutes.
- Repeat the sauna treatment 2 times more, and end with a shower and rinse in cool water.
- After sauna session, when perspiring freely, move to the dressing area and relax; then follow up with cool shower.
- Drink 2 to 3 glasses of water to replace bodily water loss during sauna session.
- Dress when completely dry and perspiration has stopped.
- A moderate sauna bath is good for physical and mental well being.
- Sauna bath should be taken weekly once, or as advised by doctor.
- Wait 1 or 2 hours after you eat.

