**Halo IR Frequently Asked Questions**

**How often can I use the Halo IR Salt Sauna?**

Halotherapy offers the best results when practiced regularly. The benefits are cumulative where consistency and frequency is the key. People with chronic issues will benefit greatly if visiting salt rooms at least 3-4 times a week. Those who are looking to incorporate Salt Therapy into their regular wellness routine would benefit from a weekly session. Halotherapy is safe to use on a daily basis if desired.

**Should I shower after my sauna?**

After your visit you will want to shower within 1 hour of the end of your treatment.  This is to get the toxins that you released through your sweat off your skin.  After about an hour they start to absorb back into your body.

**Should I expect any side effects?**

You may also experience a runny nose or a slight cough. This is a sign that the salt therapy is effectively working. The body is loosening and releasing all the mucus buildup. Many patients who have asthma, allergies and other bronchial issues have seen some amazing results in a short period of time. Breathing became easier, more energy was experienced and people just had an overall better quality of life. While we don’t make any medical claims about Dry Salt Therapy, patients’ respiratory issues and lung functions have vastly improved after receiving treatments. In addition, those who have severe skin conditions such as psoriasis, eczema or acne have also had incredible improvements in the health of their skin.

**Any tips to make my session more enjoyable?**

Drink at least 8 oz of water prior to using a sauna.

Bring a filled reusable water bottle to each session to stay hydrated during your treatment. ONLY CLEAR LIQUIDS ARE ALLOWED IN THE PURE EDEN SAUNA.

Wear a swimsuit of something similar. **You will sweat.**

Please be free of any fragrant lotions, perfumes and colognes prior to coming in.

Our booths fit 1-2 adults comfortably.  They also have a full glass door front and glass panels on the front sides.

We have not had any troubles with people who do not like small areas getting claustrophobic.  The doors do not lock on the booths.  They close with a magnet similar to a shower door; therefore, they are very easy to get out of if you find yourself not feeling well.

**Can germs be transferred in the sauna?**

We sanitize each sauna before and after every use and provide clean towels. Also, infrared light kills all bacteria and any airborne germs. Many medical devices are sterilized using infrared light.

**What should I wear?**

Red light energy is capable of penetrating clothing, so you may keep your clothes on if you prefer. Because of the heat produced by the bulb, you may prefer to wear lighter clothing, However, you WILL sweat. Pure Eden will provide a single use disposable body wipe for you to wipe off after your session.

However, **we do recommend that you should shower after an infrared sauna too**. Because you sweat during your session and toxins are released, having a shower after your sauna will help to cleanse the skin and close pores.

**Why is water so important?**

Drinking enough water is highly important. While you sit in your sauna, up to 2% of your fluids will be lost during your session. If you’re under-hydrated, this can lead to further dehydration and fatigue:

* Drink 16 to 20 ounces of water before using your sauna.
* Avoid drinks with high sugar content, like soda, sweetened coffee drinks, or fruit juices.
* If you want flavor, opt for sports drinks with electrolytes coconut water. They are great for keeping your body hydrated and ready to replenish anything that’s lost.

**How do I decide who to sit?**

The way far infrared saunas work is by heating your body directly. That means, you should position yourself directly in front of the heaters. Our infrared sauna includes full body heating panels for maximum coverage.

* Check your posture! Sit up straight so the far infrared heaters will be directly aimed at the front and back of your body.
* If you don’t have full coverage of your body, try rotating every 7 minutes or so.

**How long should I stay in a sauna?**

This is one of the most popular questions asked about using a sauna like a pro. While you should follow some general guidelines, sauna session times are not law. Use your personal comfort level to determine how long you should stay in your far infrared sauna. Your sessions may be shorter or longer than most.

Typical sessions last between 15 to 45 minutes. If you are just starting out, we recommend you build your tolerance over time, starting with 10 - 15 minutes, taking a break, and then gradually increasing the length of time you spend in your infrared sauna.

**Are there things to avoid when using the sauna?**

**DON’T –  DRINK ALCOHOL BEFORE YOUR SESSION.**

Drinking alcohol affects your blood pressure, slowing down your heart rate and your blood circulation. Combining that with the heat of a sauna (which does the opposite to your circulation and heart rate), can be downright dangerous.

Here are a few other risks associated with alcohol use before or during sauna use:

* Lightheadedness, fainting (and heatstroke)
* Headaches & Nausea
* Heart Failure

While some people think that using the sauna for a hangover cure is a good idea to “sweat it out,” we’d advise you to think again! Hangovers are often caused by dehydration. If you aren’t drinking sufficient water and you get in a sauna with a hangover, you can become even more dehydrated, intensifying your symptoms.

**What if I have problems with sweating?**

People sweat at all different levels. For some it takes a few sessions to start the detoxifying process. Certain types of auto-immune issues make it difficult to sweat no matter what. In this case, we highly recommend starting your sauna session at a lower temperature and/or less time in the sauna until you can adapt. We also highly recommend you drink water before and after your session to stay hydrated. Staying hydrated helps you to sweat more.

**Will I burn calories during my session?**

Yes! Typically between 200 to 600 calories per session. The more you sweat, the more calories you burn. While you relax in our sauna, your body is hard at work pumping blood – increased heart rate – increased circulation, and producing sweat – so your body can cool down. This is what’s known as a caloric burn! Please note: drinking water before and after your session is extremely important to stay hydrated.

**Are there contraindications for sauna use?**

There are a number of contraindications associated with Halotherapy. The following is a list of the most common we come across, but **if you have something you are concerned about we definitely recommend you call us or double check with your doctor before scheduling. Individuals with serious health conditions and pregnant women should seek medical advice from their physician**. In addition please seek advice if the following apply to you:

​Infections associated with a fever

Contagious diseases

Respiratory system cancers

Tuberculosis

Cardiac disease patients

Acute respiratory disease

Severe hypertension

Chronic obstructive lung diseases