

# Infrared Sauna Blanket Body Wrap

## Infrared Therapy for Detoxification and Weight Loss Enhancement!



## Guidelines

It is possible to lose 6 or more inches in a single trip to our facilities for a body wrap. Rid your body of harmful toxins that can prevent weight loss.

If you smoke, drink alcohol, enjoy caffeinated drinks, eat sugar or include salt in your diet your body is harboring toxins. These toxins can prevent you from losing weight and make you retain water.

### WHAT TO WEAR & BRING DURING THE WRAP:

WOMEN: Sports/wireless bra and panties OR two-piece swimsuit

MEN: Swim trunks OR Biker shorts OR colored underwear

Bring and EXTRA PAIR of undergarments to change into after your wrap.

### HOW TO PREPARE FOR THE WRAP:

1. Shower and ex-foliate the day of your wrap
2. Do not eat at least 2 hours prior to your appointment
3. Drink Water- We recommend 1 qt per 50 lbs of body weight daily. Do not drink anything alcoholic or carbonated (soda, sparkling water etc.) before your infrared session. Tea or coffee allowed only if it is decaffeinated. To achieve maximum results do not shower or eat, just continue to SIP water if you are thirsty during the 4 hours following a Sudatonic session.
4. Do not use deodorant or lotions on your skin prior to your session.
5. Do not eat for 3-4 hours after a treatment - For optimum results do not shower or eat for 3-4 hours after your session. This helps by not reintroducing toxins or excess fluid back into your system while your body is still burning fat during that time period. It also allows the pores of your body to close naturally as your core body temperature returns to normal.
6. For maximum results include cardiovascular workouts into your week. Cut back on sugar and white flour. Eat plenty of vegetables, light fruit and lean meats. Drink lots of water daily.

Note: Our Infrared Body Wraps are not intended to take the place of healthy food choices and exercise.

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## Precautions

**Prescription Drugs:** If you are using prescription drugs, check with your physician or pharmacist for possible changes in the drug's effect due to an interaction with infrared energy.

**Certain Ailments:** According to some authorities, it is considered inadvisable to raise the core temperature of someone with adrenal suppression, systemic lupus erythematosus, or multiple sclerosis.

**Joint Problems:** If you have a recent (acute) joint injury, it should not be heated for the first 48 hours or until the hot and swollen symptoms subside. Joints that are chronically hot and swollen may respond poorly to vigorous heating of any kind. Vigorous heating is strictly contraindicated in cases of enclosed infections be they dental, in joints, or in any other tissues

**Pregnancy:** In pregnancy or the suspicion of pregnancy, it is recommended to discontinue sauna use. Finnish women use traditional saunas that don't heat the body as deeply as an infrared sauna for only six to twelve minutes and reportedly leave at that time due to perceived discomfort. Their usage of traditional saunas at this low level of intensity is not linked to birth defects. Infrared sauna use may be two to three times more intense due to deep tissue penetration, and comparatively shorter two to six minute sessions hardly seem worth any minimal risk they may present.

**Surgical Implants:** Metal pins, rods, artificial joints, or any other surgical implants generally reflect infrared rays and are not heated by an infrared heat system. Nevertheless, a person should consult his or her surgeon before receiving such therapy. Certainly infrared therapy must be discontinued if a person experiences pain near any implants.

**Silicone:** Silicone does absorb infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by infrared rays. Since silicone melts at over 200 degrees Celsius, it should not be adversely effected by an infrared heat system. However, it is still advised that a person checks with his or her surgeon, and possibly a representative of the product manufacturer, to be certain.

**Menstruation:** Heating of the low-back area of women during the menstrual period may temporarily increase menstrual flow. Once a woman is aware that this is occurring, she can choose to allow herself to experience this short-term effect without worry. Or she may simply avoid using an infrared heat source at that time in her cycle.

**Hemorrhage:** Hemophiliacs and anyone predisposed to hemorrhage should avoid infrared usage or any type of heating that would induce vasodilation that can lead to the tendency to bleed.

**Worsened Condition:** Should any condition worsen with the use of an infrared heat system, the use of the system should be discontinued.

**Pain:** Pain should not be experienced when using an infrared heat system. If one does, the use of radiant heat is clearly inappropriate for the person at that time.