

SAUNAS & CONTRAINDICATIONS

- **Hemophiliacs / Individuals Prone to Bleeding** – The use of infrared saunas should be avoided by anyone who is predisposed to bleeding.
- **Fever & Insensitivity to Heat** – Individuals with insensitivity to heat or who have a fever should not use the sauna until the fever subsides.
- **Pregnancy** – Pregnant women should consult a physician before using an infrared sauna.
- **Menstruation** – Heating of the low back area of women during the menstrual period may temporarily increase menstrual flow. This should not preclude sauna use.
- **Joint Injury** – Recent (acute) joint injury should not be heated for the first 48 hours or until the swollen symptoms subside. Joints that are chronically hot and swollen may respond poorly to vigorous heating of any kind.
- **Implants** – Metal pins, rods, artificial joints, or any other surgical implants generally reflect infrared waves and thus are not heated by this system. Nevertheless, you should consult your physician prior to using.
- **Pacemakers / Defibrillators** – The magnets used to assemble our saunas can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.

In the rare event that you experience pain or discomfort, immediately discontinue sauna use.