

SAUNA INSTRUCTIONS FOR ADULTS

1. Drink a glass of water before getting into the sauna.
2. Begin the first session by setting the temperature to 110*, get in at 98* and leave the door open. Stay in for 10 minutes.
3. Drink water before, during and after the sauna.
4. The second session do 10 minutes with the door closed
5. The next session add 2 minutes
6. The next session add 2*
7. Alternate adding a few minutes then a few degrees until the sauna session is at 30 minutes and a top temperature of 130*. **You will always get in at 98* and count the warm up into the total 30 minutes.**
8. Patients should drink ½ their body weight in ounces of water every day to stay hydrated.
9. They should also take calcium, magnesium, and potassium to assist in mineral loss during sweating. Magnesium is especially important.

The following should not do a sauna: pregnant women, lupus or MS patients, silicon breast implants.

Example of settings:

Phase I:

- 1st session: 10 min at 110* with door open
- 2nd session: 12 min at 110* with door closed
- 3rd session: 12 min at 112* (door closed from this point on unless pt requests)
- 4th session: 15 min at 112*
- 5th session: 15 min at 115*
- 6th session: 17 min at 115*
- 7th session: 17 min at 117*
- 8th session: 20 min at 117*
- 9th session: 20 min at 120*
- 10th session: 22 min at 120*

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patient can work up to 30 min at 130* if needed

Phase II:

11th session: 22 min at 122*

12th session: 24 min at 122*

13th session: 24 min at 124*

14th session: 26 min at 124*

15th session: 26 min at 126*

16th session: 28 min at 126*

17th session: 28 min at 128*

18th session: 29 min at 128*

19th session: 29 min at 130*

20th session: 30 min at 130*

Phase III:

All sessions 30 min at 130*