

Montreal Sauna

INFORMATION ON HOW TO BEGIN YOUR FAR-INFRARED DETOX PROGRAMME IN REGARDS TO TIMES AND TEMPERATURES

First 3 sessions: Set temp at 55°C degrees. DO NOT get in until it reaches approximately 50°C degrees. Stay in the sauna for a maximum of 25 minutes.

Next 3 sessions still at 55°C degrees. Maximum 30 minutes.

Next 2 sessions temp 55°C degrees, 35 minutes

Next 2 sessions temp 55°C degrees, 40 minutes

Next 2 sessions temp 55°C degrees, 45 minutes

Finally every other session can be 45 minutes to a maximum of 60 minutes, at 65°C.

NOW THAT YOU ARE DETOXIFIED, YOU MUST CONTINUE TO GO IN THE INFRARED SAUNA 3 TIMES PER WEEK TO MAINTAIN THE DETOX STATE.

When you continue 3 times per week, it is best to set the sauna to 40°C degrees. When it reaches that temperature, get in and boost your temperature to 65°C . This enables you to start sweating out those toxins quicker. The infrared rays will be emitting constantly, bombarding your body to reach that 65°C; whereas in the beginning of the detox program you will notice with a set temperature, it will shut on and off in order to maintain the temperature. This is much gentler on the body when beginning the detox program. The Infrared should be used between 50°C to 55°C on Average.

Please note (very important): IF YOU MISS GOING IN THE SAUNA FOR 1 MONTH, YOU WILL HAVE TO START THE PROGRAM OVER AGAIN.

Never forget to turn on your ionizer manually prior to entering the sauna (while it is pre-heating). This will remove toxins from the air. Remember to turn off the ionizer when you begin your session.

Always remember, it is important to take a shower within 30 minutes of completing your session.

I hope this information is helpful to everyone who decides to better their health and well being.

Any questions, please contact me at any time.

**Enjoy your new experience
Sincerely,
Tracey Wilson
1 877 759-9912**

40 °C	100 °F
55 °C	130 °F
65 °C	150 °F