



## USING AND ENJOYING YOUR NEW CLEARLIGHT INFRARED SAUNA

Congratulations on your new Clearlight Infrared Sauna! Your purchase of a Clearlight Infrared Sauna is an investment in your health and longevity. We're sure you will have years of enjoyment and benefit from regular use of your sauna.

We put this page together to act as a guide to help you get started using and enjoying your sauna. The manual included with your sauna has full instructions on how to set up and install your sauna, as well as general use instructions. Please refer to the manual for our full Lifetime Warranty.

When you begin to unpack your sauna please note that although very durable, the woods used can be easily scratched by belt buckles and sharp objects. Please use care during the assembly process.

### When you first receive your sauna:

- 1) Once you have set up your sauna be sure to wipe the interior and exterior with a soft, damp cloth to pick up any excess sawdust film that may have settled in the sauna post-production.
- 2) Before your first sauna session, after the sauna has warmed up for 5 minutes, lightly touch each heater to see that it is warming up. If you find a heater panel that's not heating up, double check that you have plugged in the heater to the power source.
- 3) Instructions for setting and using the controller are in your User Manual.

### Clearlight Sauna Protocol

The more you use your sauna, the more you will discover your own personal preference for how you like to use it. Remember, infrared heat is more effective at lower temperatures and your Clearlight Infrared sauna is designed to heat your body more so than to heat the cabin. Approximately 80% of the heat heats your body and 20% of the heat heats the sauna cabin.

In their book *Beyond Antibiotics*, Drs. Michael A. Schmidt et al., state the following: "Saunas are being used by some doctors to stimulate the release of toxins from the bodies of their patients. They have found that a lower temperature (105°-130°F) sauna taken for a longer duration is most beneficial. **These low temperatures stimulate a fat sweat, which eliminates toxins stored in fat, as opposed to the high temperature sauna, which encourages a water sweat.**"

### The following is our recommendation for use of your sauna:

- 1) Turn your sauna on, set the temperature to 150° and let it warm up for about 30 to 45 minutes. We recommend putting a towel on the bench folded double to absorb sweat, as well as a small towel on the floorboard under your feet. It's also nice to have a small hand towel available to wipe the sweat off your skin. Wiping off the perspiration encourages more sweating.
- 2) After this short warm-up time **when the temperature is in the range of 115° to 125°**, get in the sauna and begin your session.



It's important to note that you can adjust the temperature to your own comfort level. Some people prefer 115° to 125° as a target temperature range, others prefer a higher temperature range. In time you will find what is best for you. **We recommend keeping the thermostat at 150° to ensure that the heaters stay on during your whole sauna session allowing you to receive optimal infrared heat.** The temperature will not actually reach this high. If it's starting to feel too warm, you can either lower the temperature or just open the door a crack to let in some cool air.

**Remember, your Clearlight Infrared Sauna is heating your core body more so than heating the air. For this reason, do not be concerned about the actual temperature reading in the sauna.** It's important to understand that in a high-performance infrared sauna such as your Clearlight Sauna, we are not using the air temperature to heat us or to induce sweat ~ the infrared heat coming directly from the carbon ceramic heaters into your body is doing this. The more advanced our heaters have become over the years, the lower the temperature in the sauna cabin has become, giving you a very comfortable environment and a powerful sweat simultaneously.

3) Sit back and enjoy your sauna session. Since the key to infrared therapy is heating your body's core, you will find that you sweat more sitting up in the sauna with your back lined up with the back wall heaters heating your body core from the back. This positions you in such a way that the front wall heaters will be heating your front body core.

4) It's essential to stay well hydrated when using your sauna. It is estimated that 70% of people are dehydrated. When you are dehydrated, your body holds on to water and will not allow you to sweat very much. It is recommended to drink water before you get in the sauna and during your session if you like, as well as after your session. It's also suggested that you use a good quality electrolyte, vitamin/mineral supplement or green drink to replace the minerals lost in your perspiration.

### **What To Expect During Your Sauna Session**

1) In the first 15 to 20 minutes, your core body temperature will begin to rise as the infrared heat begins to stimulate the various systems in your body. It will usually take about 15 to 20 minutes before you begin perspiring. The timing will vary from person to person and from day to day. Some people sweat more easily than others. Exercising prior to using the sauna and drinking 16 to 24 ounces of water an hour before the sauna will encourage more sweating. For some, it may take several sessions for the infrared heat to begin the sweating process. Everyone is different.

2) The recommended session time is 30-35 minutes. Some people are in their sauna for longer or shorter sessions depending on their preference and overall health. Starting with shorter sessions (about 15 to 20 minutes) and slowly increasing your session time may be recommended if you have conditions to warrant this.

If you have any questions on the use of your new Clearlight Far Infrared sauna, please feel free to email us at [clearlightsaunas@gmail.com](mailto:clearlightsaunas@gmail.com) or give us a call at (800) 317-5070. We are happy to answer any questions you might have.

Thanks again for your purchase of a Clearlight Infrared Sauna.

Thank you for making your health a priority!

Enjoy your sauna in good health!