



Unhurried enjoyment, quiet voices, and consideration for others are the cornerstones of sauna etiquette.

suggestions to sweat by...

- Refrain from applying oil, lotion, perfume or any other products to your skin prior to entering the sauna for your sweat session. Makeup should be removed; you still look beautiful.
- Jewelry and eyeglasses should be left at home or out of the sauna. Metal jewelry may get hot in the sauna. We are not responsible for lost pieces.
- In order to maintain the comfort and sanitation of our saunas, towels are provided for every session. One large towel must be used underneath you at all times. · Place towels in the laundry bins as you exit your suite.
- Sweating and flushed skin are perfectly normal BUT Listen to your body and trust your senses. Drink plenty of water. If the sauna feels too hot, take a few minutes to “air bathe” outside your sauna. Keep water bottles outside of your sauna door. Glass bottles are ok to bring in with you if you enjoy drinking hot water!
- Wear your bathing suit, birthday suit, or exercise clothing during your session BUT please cover yourself when walking through the public parts of our clinic.
- Remove all footwear prior to entering the sauna. · Sauna doors are made of glass – please handle with care and use the handle to open and close sauna doors.
- Do NOT pour water on the heaters. Infrared saunas are intended to provide dry heat therapy.
- We highly recommend showering soon after your sauna session, as you should remove the toxins from the surface of your skin. However, you will continue to sweat for about an hour.
- In an effort to maintain a peaceful, pleasant, and healthy environment for all our guests we respectfully request that all cell phones be turned off/to silent and conversations quieted before entering the suites. Don't forget to take your Sauna Selfie and post, “check-in” to The Optimal Physical Therapy on Facebook, but then please silence your cellphone.
- The use of electronics during a sauna may heat the device. Optimal Physical Therapy is not responsible for damage to electronics used in the sauna.
- Soothing music is provided during your saunas, if you choose to sit in silence, you can turn off the speakers above your head.
- If you choose to sauna with a friend or loved one, please keep conversations to a considerate volume.
- Sessions are 35-40 minutes. If at any point in your session you feel uncomfortable with the heat, you have complete control and should open the door to cool off. This experience should be calming, rejuvenating, and wonderful!
- Gum is not invited to the sauna.
- Please take all personal belongings with you. Optimal Physical Therapy is not responsible for lost or stolen items.
- If you have any challenges keeping your scheduled appointment time, be sure to give us at least 24-hour notice. Appointments changed or canceled outside of 24 hours are charged in full.
- Relax, breathe deep, and enjoy the radiant warmth of your infrared experience!