

CASSIE'S Guide to INFRARED SAUNA USE (10 THINGS YOU NEED TO KNOW!)



One of the biggest game changers you can do for your health, weight, energy, skin, muscles and joints is using an infrared sauna regularly!



We are continually being bombarded with toxins (in food, hair products, cleaning materials, the air we breathe!). These toxins get absorbed and accumulate in your body. Any time you have toxins built up, your body has to focus its energy and resources on eliminating those, which blocks your body's ability to lose weight, wreaks havoc on your energy levels, skin, brain power, and immunity.

If you experience symptoms like difficulty losing weight, a foggy brain, frequent illnesses, injuries that are slow to heal, and a general state of fatigue or sluggishness, then you need to push those toxins out. They are stored in your fat cells, and it is a vicious cycle, because if you are tired and your body taps into your fat cells to grab energy, and it grabs more toxins, that makes you more tired, and the cycle continues...

NOTE:

Not all saunas are created equal! Infrared saunas are very different from the dry saunas with rocks and water that you see at gyms. And, not all brands are created equal. After extensive research, I only recommend using the [Influence Infrared Sauna](#) which you can learn more about [here](#).

Whether you want to lose weight, have chronic health or pain issues, or just want to optimize your energy and brain power, enhancing your body's detoxification pathways is key.

Hands down one of the most effective things you can do for your body is using an infrared sauna to sweat out those toxins on a regular basis. Infrared saunas heat your body directly, from the inside out—giving you deeper penetration, greater health benefits, and much more comfort!

This guide is to give you some important practical tips for using an infrared sauna and getting the most out of it!

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10 THINGS YOU NEED TO KNOW ABOUT THE INFRARED SAUNA:

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1. PREPARE YOUR SAUNA.

Put a towel on the bench, the floor and the backrest in your sauna so that they soak up your sweat, and then have a few more handy for use during your sauna session. I purchased [this pack of 6](#), and I use all of them in a single sauna session, and then I put them straight into the washing machine after my session.

2. START SLOW AND LOW.

This means low temperature, and low amount of time, and plenty of breaks as needed! Just like if you were beginning a new exercise regimen, you wouldn't want to go super hard and often—you'd work up to it, take breaks and be gracious with yourself. Do the same with your new sauna to give you the best results! Start with 10-15 minutes at 110-120 degrees, and work up from there.

3. BE SURE TO BIND.

Take 2 capsules of [Detox Redefined](#), ideally 10-15 minutes before your sauna session, and another 2 capsules immediately after. This is because the sauna helps you to flush toxins out of your tissues, and it's important to capture the mobilized toxins using Detox Redefined to prevent reabsorption of the toxins back into your tissues. Preventing reabsorption also reduces symptoms that can happen as a result of toxins being mobilized and circulating in your system (like nausea, fatigue, brain fog).

4. BE SURE TO HYDRATE.

Drink lots of water mixed with 2 scoops of [Hydrate Redefined](#) every single time you use your sauna. This is extremely important, because you need to replenish the electrolytes that your body is losing during your sauna session.

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5. TOWEL OFF FREQUENTLY.

It's important to towel off frequently to wipe the toxins off your body to prevent reabsorption. More important than the amount you sweat is the amount of sweat that you remove from the body. Every few minutes, I recommend standing up and toweling off as if you just took a shower. I personally have 4-5 towels in the sauna with me (extra laundry, but worth it!) because once a towel is soaking wet, I grab a fresh one so that I'm not putting toxins back onto my skin. I bought [this set](#) for my sauna.

6. FEEL FREE TO MOVE AROUND!

Sometimes I lay back and relax, but more often than not, I stretch, stand up, and even open the door to get some fresh air when I'm toweling off.



7. RINSE OFF IMMEDIATELY.

As soon as you get out of your sauna, you'll want to shower and rinse off (including washing or at least rinsing your hair since you sweat in your scalp).

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8. SWITCH IT UP.

Sometimes I do a 15-20 minute session at 160-170 degrees, and other days I'll do a full hour at 120-140 degrees. The different temperatures serve different purposes, and it is beneficial to switch it up!

- 120-140 degrees F: Ideal detoxing temperature: ideal for detox and weight loss (the lower temperature causes "fat sweat")
- 150-170 degrees F: Ideal for heart health and killing pathogens when you are sick or feel illness coming on (the higher temperature causes "water sweat")

***Note:** I recommend no more than 30 minutes maximum at these high temperatures, otherwise the sauna will just deplete you.

Personally, my normal routine is alternating between these types of sessions. My all-time favorite is to preheat to 110-115, then sit inside while the temp increases to 140, then shut off the sauna and stay in while it cools back down to 110-115, for a total of 40 minutes or so. It's that last 10 minutes when I sweat the most! On days when I don't have as much time to sit in the sauna, I'll preheat it to 170, shut it off and sit inside for 15-20 minutes. It's great to alternate and switch it up!

9. BE INTENTIONAL ABOUT YOUR PRODUCTS.

It's incredibly important to be extra careful with your shower and skincare products! I recommend not using too many products in the shower immediately after your sauna session because your pores are open and super sensitive to any toxins, and you don't want to be absorbing toxins from products since the goal of the sauna is to do the opposite! After a sauna session (and on a regular basis), in the shower I use diluted [Dr. Bronner's](#) ($\frac{1}{4}$ Dr Bronner's and $\frac{3}{4}$ water mixture) as body wash, Annmarie [Aloe Herb Cleanser](#) for my face, and [Sweet Sunrise Shampoo and Conditioner](#). Immediately after showering, on my face I put on a layer of the [Anti-Aging Serum](#) and the [Anti-Aging Facial Oil](#), and I lather my body and skin with the [Coconut Body Oil](#) and [Radiant Silk Lotion](#) (I mix these together).

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10. DON'T BRING BOOKS THAT YOU CARE ABOUT INTO YOUR SAUNA. 😏

I don't know exactly why, but in the books I've taken into the sauna the pages have now separated from the binding. Don't say I didn't warn you. ;)

There you have it! Happy Sauna!

For the next step in your detox process, check out our [10 Day Reset Program](#)! We recommend going through it at least once a year, and ideally, once each quarter. Think of it as changing your oil, or giving your metabolism a hard "reset" with each new season.



It's an entire guided program with daily videos, simple meal plans, yummy recipes, and step-by-step instructions and will help to push those toxins out of your tissues and complement your sauna use regimen! If you want to learn about the 10 Day Reset program, you can [click here to watch my video](#), read and watch testimonials, and get started when you're ready!

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