

## SAUNA CONTRAINDICATIONS.

**THESE ARE NOT ALL THE CONTRAINDICATIONS. IT IS YOUR RESPONSIBILITY TO KNOW IF YOU CAN OR CAN NOT DO SAUNA AND HOW LONG YOU CAN SAUNA. YOU USE THE RELAX SAUNA ROOM IN OUR CLINIC AT YOUR OWN RISK.**

**HERE ARE SOME OF THE CONTRAINDICATIONS BUT PLEASE CONSULT WITH YOUR HEALTH CARE PRACTITIONER IF YOU ARE UNSURE.**

Pregnancy and breastfeeding: Pregnant women should consult a physician before using an infrared sauna, as elevated core body temperature may pose risks to the unborn child. Breastfeeding individuals should avoid using the sauna.

Cardiovascular conditions: Individuals with heart disease, arrhythmia, congestive heart failure, hypertension, or recent heart surgery should use caution or avoid sauna use. Heat stress increases heart rate and cardiac workload, which can be dangerous for those with compromised cardiovascular systems.

Medications: Certain drugs, including diuretics, beta-blockers, barbiturates, anticholinergics (e.g., amitriptyline), and antihistamines, may impair the body's ability to regulate heat or sweat, increasing the risk of heat stroke or dehydration.

Recent illness or injury: Avoid sauna use during a fever, infection, or after surgery until fully healed. Sauna use may hinder recovery or worsen symptoms.

Chronic conditions affecting sweating: Those with multiple sclerosis, diabetes with neuropathy, or central nervous system tumors may have impaired sweating and are at higher risk of overheating.

Alcohol or drug use: Do not use the sauna while under the influence of alcohol or drugs, as they impair judgment and increase heart rate, compounding the risks of heat stress.<sup>123+1</sup>

Children and elderly: Children should not use saunas due to their inability to regulate body temperature. Seniors over 70 should limit use to lower temperatures (120–140°F) and shorter sessions.

Implants and medical devices: Individuals with silicone implants should avoid infrared saunas, as silicone can absorb infrared energy and potentially melt.<sup>12</sup> Those with pacemakers or defibrillators should consult a doctor, as magnets in the sauna may interfere with device function.

Open wounds or acute injuries: Avoid using the sauna on fresh injuries, inflammation, or open wounds, as heat can worsen swelling and delay healing.<sup>41</sup>

Always consult a healthcare provider before starting sauna use, especially if you have any underlying health conditions.