



The BU Room: Infrared Sauna Guidelines

At *The BU Room*, we believe every visit is an opportunity to reconnect with yourself. To ensure your experience in our infrared sauna pod is both safe and restorative, please take a few minutes to review these guidelines before your session.

Before Your Session

Hydration

- Drink at least **8 oz. (a full glass) of water** 30–60 minutes before your sauna session.
- Avoid alcohol or heavy caffeine intake beforehand, as these can cause dehydration.
- Bring a bottle of water to sip during your session if you wish.

Eating

- Eat a **light meal or snack** at least 1–2 hours before.
- Avoid heavy meals immediately before your sauna, as digestion can feel uncomfortable in the heat.

Clothing

- Wear **light, breathable clothing** or a bathing suit.
- Towels are provided, but you are welcome to bring your own if you prefer.

Health Considerations

- Consult your healthcare provider before using the sauna if you:
 - Are pregnant
 - Have cardiovascular issues (such as unstable angina or recent heart attack)
 - Have a medical condition that prevents sweating
 - Are taking medications that affect blood pressure or body temperature
- If you feel unwell, reschedule your session.

During Your Session

Session Length

- Typical sessions last **20–40 minutes**.
- If it's your first time, start with 20 minutes and gradually increase future sessions.

Temperature

- The sauna pod is pre-set to a safe, therapeutic temperature.
- Listen to your body. If you feel dizzy, lightheaded, or unwell, **end your session immediately**.

Relaxation

- Use this time to rest, meditate, or practise deep breathing.
- Many guests enjoy listening to calming music or simply enjoying the quiet.

Safety Tips

- Always sit or lie on a towel for hygiene and comfort.

- Avoid using oils or lotions before your session, as heat may intensify skin sensitivity.
- Refrain from using electronic devices inside the pod (for both safety and peace of mind).

After Your Session

Cooling Down

- Stand up slowly to avoid dizziness.
- Allow your body a few minutes to adjust to room temperature before showering.

Hydration & Nutrition

- Drink at least another **8 oz. of water** to rehydrate.
- Adding electrolytes (like coconut water or a pinch of mineral salt in your water) can help replenish lost minerals.
- Enjoy a nourishing snack or light meal within an hour to support recovery.

Frequency

- For general wellness: **2–3 sessions per week**.
- For targeted benefits (detox, muscle recovery, or stress relief): up to **4–5 sessions per week**, as advised by your health provider.

What to Expect

- **Mild sweating:** This is your body's natural way of detoxifying.
- **Increased heart rate:** Similar to light exercise, your heart works a bit harder to help you cool down.
- **Relaxation:** Many guests feel deeply calm, with reduced muscle tension and mental stress.

- **Better sleep:** Sauna use often supports a restful night's sleep.

Precautions

- Do not use the sauna if you are under the influence of drugs or alcohol.
- Do not exceed recommended time limits.
- Stop immediately if you feel faint, nauseous, or overheated.
- Children under 16 should not use the sauna unless specifically cleared by a healthcare provider.

Your Journey, Your BU Moment

Every session is an invitation to pause, breathe, and reconnect with yourself. Allow the warmth of the sauna to restore balance, release tension, and remind you of your body's innate wisdom and strength.