



PALM BEACH CHALETS

EXPERIENCE THE MAGIC OF WAIHEKE ISLAND

INFRARED SAUNA RULES AND GUIDELINES:

- > **Hydrate:** Drink plenty of water before and after your session to stay hydrated.
- > **Duration:** Limit sessions to 20-45 minutes, depending on your comfort level.
- > **Temperature:** The Sauna temperature is set at 65° and has a max temperature of 70°. Please use the (^) and (v) as you see fit. We do not recommend increasing the temperature past 65°, until you become accustomed to higher temperatures.
- > **Clothing:** Wear minimal clothing, such as a swimsuit or towel, to allow your skin to breathe.
- > **Avoid Heavy Meals:** Don't eat a large meal right before your session; a light snack is fine.
- > **Listen to Your Body:** If you feel dizzy, nauseous, or uncomfortable, exit the sauna immediately.
- > **Consult a Doctor:** If you have any medical conditions, consult a healthcare professional before using a sauna.
- > **Use a Towel:** Sit on a towel for hygiene and comfort.
- > **Cooling Down:** Allow your body to cool down gradually after your session.
- > **Frequency:** Start with 1-3 sessions per week and adjust based on how your body responds. Always follow specific guidelines provided by the sauna manufacturer or facility.
- > **Session Time:** Please keep your sauna sessions on time as other guests have booked timeslots.
- > **Sauna Etiquette:** Please keep sauna area tidy ~ no food and drink other than water in the sauna. You are more than welcome to enjoy your non alcoholic refreshments that you have purchased as add ons after your sauna session.



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Red

Younger Looking Skin

Decreases signs of aging, including fine lines and wrinkles, by increasing collagen production.

Green

Even Complexion

Balances out redness and blotches for naturally beautiful skin.

Violet

Cell Renewal

Increases cell regeneration, which helps to cleanse the skin and reduce inflammation.

Yellow

Reduces Redness

Alleviates inflammation, sunburn, rosacea, or other skin conditions and enjoy healthier skin.

Blue

Combats Acne & Whitens Teeth

Reduces the bacteria that causes acne and whitens teeth.

Orange

Glow From Within

Revitalizes your skin for a brighter glow. Adds radiance and vitality to dull skin.

Cyan

Smoother Skin

Smoothing, calming, healing treatment that helps irritated and inflamed skin.

Infrared

Penetrates Deeper

Penetrates deeper into the skin for added results.


Clearlight
INFRARED™ by Sauna Works