Infrared Sauna Guidelines – Ranfurly Hostel

To get the most out of your session and stay safe,
please read through these simple guidelines before using the sauna.

💧 Before you enter

- Hydrate well before your session — drink a glass or two of water in the hour beforehand.
- Avoid alcohol and heavy meals right before using the sauna.
- Remove all jewellery — metal can heat up quickly and may cause discomfort or burns.

👕 What to wear

- Wear whatever you feel most comfortable in. Most people choose swimwear, shorts & t-shirt, or underwear. The sauna is private — wear as little or as much as you like.
- Cotton is better than synthetic fabrics.

🔥 During your session

- Always sit or lie on a **towel**. This keeps the sauna clean and absorbs sweat. Towels are provided, but you're welcome to use your own if you'd like.
- Start with a lower temperature if you're new — increase gradually.
- Listen to your body — if you feel dizzy or uncomfortable, step out and cool down.
- **Take breaks.** Spend about the **same time resting as inside the sauna** e.g. 15 min in the sauna, then 15 min sitting outside to cool down naturally. You can repeat this cycle during your 75-minute session.
- **Stay hydrated.**
- Use the time between sessions to relax, stretch, read, do puzzles, colour, or just enjoy the quiet.

🚿 After your session

- Take a **lukewarm shower** (rather than cold) to cool down gently. Cold water can tighten pores and cause a shock to the body after heat exposure.
- Drink water to rehydrate.

⚠️ What to avoid

- Do not use the sauna if you are pregnant (unless approved by your doctor), under the influence of alcohol or drugs, experiencing uncontrolled blood pressure or heart conditions.
- Avoid lotions, oils, or creams before entering (they can block pores and damage the wood).
- Do not stay inside longer than **30 minutes without a break**. Most people find **15–20 minutes per session** ideal.

✨ A few extra tips

- Play your own music via Bluetooth, choose a calming light, or enjoy the silence.
- Sweating is normal — and part of the experience.
- You may feel deeply relaxed or a bit tired afterwards. Give yourself time to rest before driving or cycling.

🧡 It's not a competition — more time doesn't mean more benefit 😉

Enjoy the experience — it's your time to slow down and unwind!