

USER INTENSITY MANUAL

GET THE DESIRED EFFECT FROM YOUR HEALTH MATE INFRARED SAUNA

In using a Health Mate infrared sauna, you get to choose between various warmth experiences. By playing around with the **duration of your session and the temperature**, your body enjoys different effects. These effects come in 3 different levels as detailed below. Always make sure you check the guidelines for each level for the desired result.


LEVEL	IMPACT	PHYSIOLOGICAL CHARACTERISTICS	PROPOSED USE	CIRCULATION	INTERNAL TEMPERATURE RISE	DETOX	CARDIO TRAINING	BLOOD FLOW CAPACITY
1	Your tissues underneath the skin warm up and your blood vessels dilate.	Your skin gets clammy and you need to remain exposed for at least 15 min. to have a positive effect.	1-2 times per week 20-30 min. 40-45 °C	+	+	+		
2	Your body starts to warm up internally and your heart rate rises slightly.	You start sweating and need to remain exposed for at least 15 min to have a positive effect.	2-3 times per week 30-40 min. 45-50 °C	++	++	++	+	+
3	Your body temperature goes up by at least 1-2 °C and your heart rate increases significantly.	You start sweating profusely and your heart rate goes up significantly (between $(220 - \text{your age}) \cdot 60\%$ and $(220 - \text{your age}) \cdot 80\%$). Remain exposed for at least 20 min. to have a positive effect.	2-3 times per week 35-45 min. 50-60 °C	+++	+++	+++	+++	+++


Guidelines for use

It is normal to sweat a lot during an infrared session, especially at higher temperatures. Sweating is a process whereby waste products leave your body. To keep your hydration levels up, we recommend drinking **two glasses of water** before your sauna visit. It is also important to keep your body hydrated during and after using the cabin. The recommended fluid intake **during and after your sauna visit is 0.5 to 1 litre.**

Important for your first use

If you are using the Health Mate infrared sauna for the first time (in a long time), we recommend scheduling sessions twice a week according to the schedule below:

 **Week 1:** 2x 20-30 min., at 40-45 °C

 **Week 2:** 2x 20-35 min., at 45-50 °C

 **Week 3:** 2x 20-45 min., at 50-60 °C

Applications of Health Mate infrared cabins

CONDITION ¹	APPLICATION	LEVEL ²	RESULT
Arthritis: chronic, acute or rheumatic	Every 2 days At least 2x per week	2-3	Symptoms will reduce significantly
Asthma Bronchitis	2x per week and increase to 3x per week	2-3	Symptoms diminish and your body builds resistance.
Intestinal problems such as constipation, diarrhoea, irritable bowel and Crohn's diseases	3x per week	2-3	Considerable improvement.
Eczema Psoriasis	Week 1-8: daily From week 8: 2x per week	1-2	Significant reduction of the condition.
Overweight	At least 3x per week	2-3	Perspiration involving energy consumption and excretion of waste products.
Joint pains, back pain, arthritis, fibromyalgia, muscle spasticity and limb stiffness	3x per week For acute complaints: every day	2-3	Significant reduction in pain.
Cardiovascular diseases such as poor circulation, cold hands and feet, cholesterol problems	2x per week	1-2	Burning fat (cholesterol) in the blood improves blood circulation.
Throat, nose and ear problems including chronic middle ear inflammation or infection, sinusitis, colds	2-3x per week. Feel free to hold your face in front of the heat elements.	1-3	After about 10 sessions, users often notice an improvement, with symptoms even clearing up completely.
Chills, nervousness, depression, dizziness, headaches, etc. (due to menopause)	Begin met 3 x per week, daarna 2 x per week	1-3	Strong diminishment of symptoms.
Stress, nervousness, tension, migraines, headaches, breathing problems	2 to 3x per week	1-3	After about three sessions, noticeable diminishment of symptoms.
Low blood pressure	3x per week	1-3	Helps blood pressure go back to normal levels.
Weak immunity	2 to 3x per week Build up to 30 min.	2-3	Strong improvement in resistance.
High blood pressure	2x per week	2-3	Helps blood pressure go back to normal levels.
Rheumatism	Every day in the morning. Position sensitive body parts in front of the heaters as long as it feels comfortable.	2-3	Pain reduction. Daily use often allows you to cut down on painkillers.

(1) This overview is strictly for general guidance. If you wish to use the infrared cabin for medical reasons, please seek the advice of your doctor beforehand!

(2) The main thing is that you feel comfortable in the cabin. Listen to your body and interrupt the session whenever you feel the need.