



Salt Room, Infrared Sauna and Swedish Sauna Instructions

Pre-Treatment Instructions:

- Hydrate well before your session. Proper hydration is essential for maximizing detoxification and preventing dehydration.
- Avoid consuming heavy meals, caffeine, or alcohol at least one hour before your session.
- Remove all makeup, lotions, and perfumes before entering the treatment area to allow your skin to breathe and absorb the benefits fully.
- If you are pregnant, have low blood pressure, cardiovascular issues, or any medical conditions affected by heat, please consult your physician before using the sauna.
- If you feel unwell, lightheaded, or overheated at any point, exit the sauna or salt room immediately and notify a staff member.
- Bring or wear loose, comfortable clothing or a swimsuit for sauna sessions.
- For salt therapy, you may wear comfortable clothing. Salt can leave a light residue on clothing, but it is easily brushed off.

Post-Treatment Instructions:

Hydration & Cooling Down:

- Rehydrate by drinking plenty of water, herbal tea, or electrolyte-rich beverages after your session.
- Allow your body to cool down naturally before showering. If needed, take a lukewarm shower to rinse off sweat or salt residue but avoid using harsh soaps immediately.

What to Expect After Treatment:

- Salt Room: You may experience mild throat tickling or increased mucus production after your session—this is a natural detoxification response.
- Infrared & Swedish Sauna: Some individuals experience a lightheaded sensation or continued sweating after leaving the sauna—this is normal and should subside within 30 minutes.

Post-Treatment Care Recommendations:

- Avoid excessive caffeine, alcohol, or processed foods for the rest of the day to allow your body to continue detoxifying.
- Moisturize your skin with a hydrating lotion or natural oil after sauna sessions, as sweating can cause temporary dryness.
- If possible, allow yourself time to relax and rest after your session to maximize the rejuvenating benefits.

Safety Reminders:

- If you experience dizziness, nausea, rapid heartbeat, or extreme discomfort during or after your session, seek medical attention if necessary.
- Regular sessions (2-3 times per week) may provide cumulative benefits such as improved circulation, skin health, and respiratory function.

If you think you are having an emergency please call 401-782-2400. After hours or on the weekend please email info@seamistmedspa.com with EMERGENCY DR. SIMPSON.