



**Benton Integrative Medicine** PLLC

*a holistic approach to health care*

## **SAUNA INSTRUCTIONS**

### **APPOINTMENT ARRIVAL & DEPARTURE**

The time frame for appointment bookings depends on the type of program the client purchases. We try to accommodate all clients so we book appointments back to back with enough time to clean and get the room prepared for the next client. Because of this we ask that you arrive on time or early and make sure you vacate the room when your booked time is up. All appointment times have pre-session preparation time and post-session cleanse and change time built in. Therefore, additional time spent in the room causes delays in arriving appointments and is subject to a \$10 fee.

### **CANCELLATION POLICY**

We understand that life happens. However, because we try to accommodate all clients and provide a private and relaxing experience limited appointments are available on a daily basis. Therefore, we ask that if you must cancel your appointment, you do so within 12 hours prior to your scheduled time. No show and late cancellations will be charged a \$5 fee in addition to forfeiting the missed session.

### **DRESS CODE & TOWELS**

A bathing suite, shorts & tee or some type of loose clothing must be worn in the sauna at all times. We provide each client with a bath towel and or robe. Additional warm hand towels are available for a refreshing cleanse if so desired. We recommend bringing loose comfortable clothing to change into after your session.

- No shoes worn in the sauna.
- You must use the provided robe or towel on the sauna seat at all times.
- Please place all laundry in the laundry hamper when finished.
- Please wipe down the sauna seat and backrest with the provided cleaner when finished with your session.

### **SAFETY**

All clients must sign the BIM Sauna Release Form & follow all safety instructions on the form

Additional safety instructions include:

- No unsupervised children under the age of 16 allowed in the office and spa area while parents are using the sauna or engaged in any of the services
- Please shut the glass door gently
- No eating in the Sauna Detox Room
- Please do not bring outside beverages in the Sauna Detox Room
- Please do not use oils or lotions on your skin prior to entering the sauna.
- It is advised to drink plenty of water before and after your sauna session. Please enjoy complimentary water provided to you in the waiting area of the office. For added benefit of detoxification, Fiji® alkaline & natural mineral water is available for purchase. Add For optimal hydration & replacement of electrolytes, FITTEAM Hydration packets are available for purchase.

### **EXPECTATIONS**

Do not be surprised if you do not sweat during the first few Sauna treatments. Sweating will increase with regular use, removing toxins and leaving you feeling more refreshed and rejuvenated.