

SAUNA and COLD Plunge Information

ALMOST HEAVEN 6-Person Barrel Sauna

This is a traditional dry-heat barrel sauna that, if used correctly, can bring many health benefits. Please use it respectfully. **If you have any serious health conditions, heart condition, are pregnant, or are trying to conceive please consult with your doctor prior to starting.**

Here are some articles/podcasts concerning the benefits and protocols to try.

[Huberman Lab - Sauna Benefits/Protocols](#)

[Dr. Rhonda Patrick Article on Sauna](#)

[Dr. Rhonda Patrick Podcast on Sauna](#)

Below are some basic guidelines and rules for the sauna.



Getting Started

1. **Prior to going into the sauna, we ask that you rinse off and then dry off.** This is to make sure you don't bring funk from the gym into the sauna and it is also recommended for your skin to remove oil from the skin. There is shower located behind the sauna for rinsing off before and after use.
2. Behind young Rico is a grass mat to wipe your feet off from the gravel/cement residue so we don't track mud and dirt into the floor of the sauna. **NO SHOES** in the Sauna.
3. Apparel- Please wear appropriate clothing for the sauna, for guys this can be a bathing suit/shorts, and for the girls bathing suit/shorts and sports bra. Please do not get naked.
4. The Sauna is for relaxing. Feel free to chat with people if you'd like to chat, but understand that this is a place to unwind and do nothing. If the other person has their eyes closed then they do not want to chat.
5. Sauna and electronics do not mix well. Leave your phone outside. This is a chance to unplug.

Misuse or inappropriate behavior will not be tolerated.

Turning On/Off

1. The control for the sauna is on the right side of the heater.
2. The Sauna can only be turned on for 1 hour. When you get in you will turn the knob to 1 and you'll see the orange light turn on. It should click 1 time.
3. **Timer Mode** If you continue to turn the knob, you will hear a second click. If this happens you are now setting the sauna

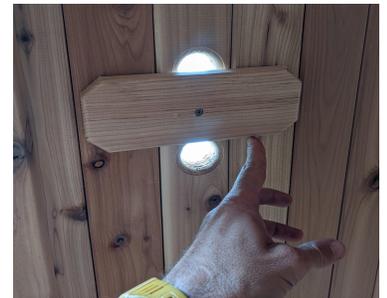


to start heating up at a future time. (For instance, if you are coming to the 4:30 class and you want the sauna to be hot by 6, you would set it for 1 hour) There is some wiggle room between the 0-1 to set it for ~30 minutes but it's not labeled for that.)

4. **Cut off**- Feel free to turn the sauna off when you are finished using it, the timer will cut it off automatically after 1 hour.

Temperature

1. On the back wall there is a thermometer, please make sure to check this frequently as the temperature can sneak up on you especially when water is added.
2. The recommended temperature is somewhere between 175 degrees up to 212 degrees. This sauna can easily get up to 190 when turned all the way up without any water added. Check the thermometer for the temperature frequently. Remember that the thermometer is located high in the sauna registering the hottest temperature. Where you are sitting will be less hot.
3. Please be easy on yourself as you start this process. If the temperature is way too hot when you get in, you can leave the door open for a moment or two, or if you'd like to adjust the temperature without losing a bunch of heat there is a heat release tab to the right of the door.
4. The hottest air will rise to the top of the sauna. If you take a small hand towel and spin it near the top you can circulate the hot air down.
5. There is a gauge at the bottom to lower or raise the temperature if necessary.



Adding Water



1. To increase the heat/humidity in the sauna you can add water to the stones. This will boost the humidity and cause a burst of heat.
2. When adding water to the bucket, please use the filtered water at the front of the gym. I don't think you want to inhale hose water or highly fluorinated water. (There is a cup at the front to do this, the bucket will not fit in the machine... we've tried ;))

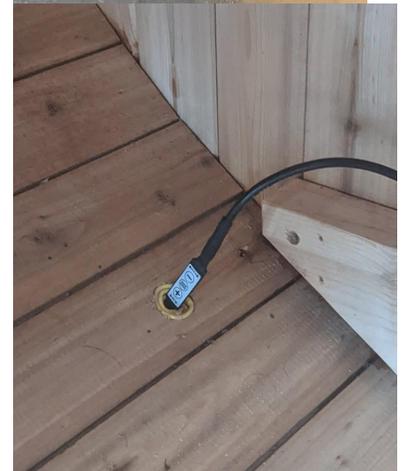
Speaker

1. We have purchased a heat/waterproof speaker if you'd like to listen to ambient music while in the sauna.
2. Be mindful of others and ask if you'd like to play music or if someone else comes in.
3. Hold down the power button to turn on/off.



Light

1. There is a light for the sauna. It is set up to an automatic timer so should not have to be touched. However, if someone accidentally turns it off, it is located on the right side of the heater on the floor.
2. There is an on and off switch in the middle as well as a (+) and (-) symbol to brighten or dim the light.



The Plunge



This plunge is to be used to expose you to the benefits of cold therapy. If used correctly, it can bring many health benefits including improved mood, improved stress response, better immune response and reduction in overall sickness, better tolerance of cold temperatures, better sleep, pain relief, and boost your motivation hormone (dopamine). Please use it respectfully. **If you have any serious health conditions, heart condition, are pregnant, or are trying to conceive please consult with your doctor prior to starting.**

Here are some articles/podcasts concerning the benefits and protocols to try.

[Andrew Huberman Cold Plunge Podcast](#)

Getting Started

1. Have a buddy watch you or make someone aware in the gym that you will be plunging. **DO NOT PLUNGE ALONE.**
2. Please do not get in the plunge if you are dirty. There is a shower behind the sauna if you need to rinse off prior to getting in the plunge.
3. Remove the top and enter the plunge by stepping in and then lying down until your body is fully submerged.
4. Stay in for an appropriate amount of time based on your level of adaptation.
5. Exit the plunge and get warm.

Turning On/Off - Setting Temperature

1. There is no need to touch the Plunge in order to turn it off or on. It will always be on to filter and clean the water.
2. The Temperature is set by holding the set button and then pressing up or down to set the desired temperature. In order to benefit from



this, the water should be a minimum of 59 degrees Fahrenheit. We will keep the plunge at 45 degrees for the most part.

Adding Water

1. Staff will be responsible for adding water. PLEASE DO NOT ADD HOSE WATER. There is a specific filter that we need to use to filter the water going into the tub.

Safety

1. Please do not plunge alone. We ask that you have a buddy watch you. There is a possibility of passing out due to the cold. This is especially important if you are new to the plunge.
2. DO NOT attempt any breathing exercises in the plunge. There are appropriate breathing techniques to do before and after the plunge, but never in the plunge. Shallow water blackouts can and do occur and people lose their lives. Please do not die in a tub behind a gym because you thought you'd try something out.
3. Build up your adaptation before pushing yourself. You want to allow time for the body to adapt to any new stimulus. It is suggested that it takes 10 plunges to build adaptation. Keep this in mind as you slowly accumulate time.
4. It is possible to seize up in the cold water and be unable to get out of the plunge. Do not push yourself past your limits. PLUNGE WITH A BUDDY.

Getting Out

1. Please remove any debris or dirt that has been tracked into the plunge using the fish net located on the shelf behind the plunge.
2. Please replace the cover on the plunge and enjoy your day!

Suggested Protocols/ Thoughts for Plunge/Sauna (Contrast) Therapy

1. Hot and cold therapy work together at a molecular level to improve vascular, mitochondrial, and mental health. Some benefits are only achieved when you end in the cold (Soeberg Principle), but it doesn't have to be that cold!
2. Reaching a minimum threshold of exposure each week is more important than any particular routine. Here's a weekly Sauna Cold Plunge Routine that works best in studies:
3. Routine: 2 or 3 rounds, ending in the cold (super important).
Exposure and Frequency: Get in a total of 11 minutes of cold each week, and about 1 hour of heat each week spread out over 2 or 3 sessions.
Cold Temperature: Uncomfortable but safe. Anything colder than 19 C/66.2F can activate brown fat and insulin sensitivity. Doesn't have to be ice water!
Hot Temperature: Saunas should be traditional (not infrared) sauna reaching temperatures of 85 C/185F.



4. When you're starting out, a typical routine will be 10-15 minutes in the sauna and 30 seconds to two minutes in the cold plunge.
5. Try to slow down your breathing in the ice. You will feel your heart slow down, and get into a meditative state if you are able to control your breathing.
6. More advanced routines may incorporate exercise (bike riding or yoga) in the sauna and cold exposure up to 15 minutes.
7. Always end your session in the heat if you're going to workout or train, and in the cold if you're looking to recover. Listen to your body and work with a qualified trainer.
8. Do not cold plunge post workout unless you need to recover prior to a second workout. Cold plunging directly after a workout will blunt the body's immune response to the exercise and limit the adaptation which is the goal of exercise. Athletes use cold plunging at sporting events so they may feel recovered for another event. This is not what they do on a day to day basis.
9. If you do want some cold exposure post workout, try a cold shower. This should give the desired contrast experience without blunting the immune response as drastically.
10. Do a cold plunge in the morning prior to exercise if you want to wake yourself up. It is not suggested that you do a cold plunge at night because it will wake you up when you should be winding down.
11. Do a cold plunge in the morning to wake up and start your day. Do a sauna in the evening to prepare your body for sleep. Rest days are great days to do some contrast therapy.