



Ozone Sauna Prep

- Wear loose fitted clothing to your appointment.
 - Undergarments can be worn in the Ozone sauna, but there is a risk of discoloration. Undergarments can be removed prior to entering the sauna and will be put back on after your session.
- Avoid large meals 2 to 4 hours prior to your session.
 - Water, dietary supplements and medication may be taken as usual.
- Ensure you drink plenty of water prior to your session.
 - Being properly hydrated is essential for your Ozone sauna session. You will be provided with water before and during your session, but ensure you drink plenty of water prior to coming in.
- Tie long hair (typically any length passed the chin) back in a bun or ponytail
 - During your treatment, a towel will be placed around your neck to keep steam inside the chamber. Long hair should be tied back to ensure the towel can be placed properly and keep you comfortable during your session.
- Please arrive 10-15 minutes prior to your Ozone sauna session.
 - We ask our customers to arrive 10-15 minutes early to fill out consent waivers and have any questions they may have about their session, answered. During this time customers will also be offered water and change out of their clothing to be prepared for their session.
- Ask your technician about adding EWOT to your Ozone sauna session.
 - **EWOT-Enhance With Oxygen Therapy.** EWOT is the addition of an oxygen mask to pump pure oxygen to you while enjoying your Ozone session. An oxygen mask is placed over the mouth and nose to enhance your therapy even further. Your mask can be purchased at the time of your session or prior to for an additional fee. Ask your technician about adding EWOT to your Ozone session.