

DETOX SAUNA

- 30 minutes session (plan for an hour at our office)
- Bring an extra pair of white (as there may be color fading) underwear
- Bring a plastic bag for your wet garments
- Drink plenty of water the day of the appointment, before and after
- Only a light meal or snack up to one hour before the appointment
- Try not to shower for at least three hours after the sauna

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