



# YASS VALLEY DAY SPA

## Sauna

All treatments involve a mandatory consultation prior to arrival for your appointment, which allows for any tailoring required to your treatment as well as any health or physical restrictions that may affect you receiving your treatment. Note: the sauna is not suited to pregnant ladies and those in a wheelchair.

### How do I prepare for the treatment?

In the days leading up to your sauna appointment, please drink plenty of water as hydrated skin allows pores to open and will allow your body to sweat more. It is recommended not to consume alcohol within 24 hours of your sauna appointment as this may make you feel light-headed & can lower your blood pressure.

Otherwise, showering prior to your sauna & having makeup free face upon arrival is recommended.

### What do I need to do after my treatment?

- Water, water, water and more water
- Drinking water prior, during and after your treatment will keep you from dehydrating. Some may choose a form of electrolyte as well if appropriate.

### Still have questions?

Please call or email us further to discuss.

Yass Valley Day Spa

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