

BONUS PRACTICE

SAUNA THERAPY WITH PROTOCOL

A Quantum Detox Sauna Protocol

1. **PRE- HYDRATE**

If you start drinking water as you begin sweating, you're remedying dehydration instead of preventing it, and prevention is always better than cure—so hydrate before entering the sauna. Drink at least 300-500ml of *boosted water* 10-30 minutes before your sauna session.

BOOSTED WATER

Ways to Boost Your Water

Increase Mineral Content

- ✧ Pinch of high-quality salt
- ✧ Trace mineral drops (Google it)

Make it Diaphoretic | Stimulate Sweating

- ✧ Nettle & Ginger Tea—cooled to room temp.
- ✧ Pinch of Cayenne—a powerful sweat booster!
- ✧ **Yarrow Tea**—a classic diaphoretic herb to enhance circulation and sweating.



You can of course combine these. Electrolytes (salt, trace minerals) help replenish what is lost through sweat, while diaphoretic herbs increase circulation and help the body release heat more effectively.

2. LYMPH SUPPORT – DRY BRUSHING

Dry brushing helps trigger the sweat response and stimulates lymphatic drainage. Since it must be done on dry skin, start before sweating begins, as soon as you enter the sauna.



DRY BRUSHING TECHNIQUE

With gentle, repeated, long but quick strokes, move the dry brush in the direction of the heart, focusing on the major lymphatic areas:

Neck & collarbones | Underarms | Behind knees | Groin (bikini wax area)

QUICK DRY BRUSHING ROUTINE

1. Start at the feet and brush upward toward the heart.
2. Use long strokes on the limbs and circular motions on joints.
3. Pay extra attention to the underarms, neck, and groin.
4. Finish with light strokes over the abdomen.



DRY BRUSHING THE FACE

Smaller, softer dry brushes are available for the face. This is amazing for boosting that after-sauna glow. Start with the neck and jawline, using gentle up-and-down strokes to help move the lymph there. Then, on the face, brush outwards from the nose toward your ears, moving under the eyes, along the jawline, and up and over the forehead. This supports lymphatic drainage, encouraging the movement of toxins away from the face. It also removes any dead skin so your face can sweat more efficiently, too!



3. USE ESSENTIAL OILS

Essential oils are antibacterial, antiviral, anti-fungal, and probiotic (pro-life), making them an obvious addition to your sauna experience (and life in general).

ESSENTIAL OILS FOR LYMPH SUPPORT & CELLULITE REDUCTION

Use alone or in a blend: **Fennel, Cypress, Juniper, Rosemary, Laurel, Yarrow, Eucalyptus, Lemon**



HOW TO USE

Place a few drops onto your palm, swipe the dry brush through the oils, and perform Quantum Dry Brushing.

4. HEAT – COLD CYCLING

Once covered in sweat (about 20 minutes in), move to a cold shower or plunge. If full-body cold immersion is too intense, focus the cold shower on key lymphatic areas: neck, underarms, behind the knees, and groin area.

CYCLE RECOMMENDATIONS

Try to complete at least two or three cycles:

1. **SAUNA → COLD**
2. **SAUNA → COLD**
3. **SAUNA → COLD (end here)**

4. REST AND REGULATE

It's important to fully regulate your heartbeat and body temperature after your HEAT-COLD CYCLING. After the final cold session, LIE DOWN AND BE QUIET—giving your body time to regulate its heart rate and temperature. Then, if hungry, go for a nourishing post-sauna meal, juice, or smoothie - rich in antioxidants, healthy fats, and protein to restore vitality and support cellular repair.

INCORPERATING SAUAN THERAPY INTO YOUR DETOX PROTOCOL

Any day is a great day for a sauna, but **your fasting days** are especially ideal as you have more free time with no meal prep. Saunas promote detox by burning stored fat for energy and releasing toxins. Fasting stimulates autophagy, and sauna use enhances this with heat stress that activates heat shock proteins, aiding cellular repair and rejuvenation.

AVOID SAUNAS IF YOU ARE FEELING WEAK
- DONT' FORCE YOURSELF TO GO.

ENJOY!

XO