



RECOVERY ZONE

Type of Facility	Duration	1 Visit	Packs		Equates to	
			5 Visits	10 Visits	5 Visits	10 Visits
Infrared Sauna	30 Min	\$ 30.00	\$ 125.00	\$ 210.00	\$ 25.00	\$ 21.00 per single visitor
Infrared Sauna + Up to 2 Friend	30 Min	\$ 45.00	\$ 200.00	\$ 385.00	\$ 13.33	\$ 12.83 per person for you & up to 2 friends
Ice Bath	15 Min	\$ 15.00	\$ 50.00	\$ 80.00	\$ 10.00	\$ 8.00 per single visitor
Ice Bath + Up to 2 Friend	15 Min	\$ 20.00	\$ 75.00	\$ 130.00	\$ 7.50	\$ 6.50 per person for you & up to 2 friends

What To Wear and Bring To An Infrared Sauna or Ice Bath Session

Swimwear, large water bottle, 2 towels, slip on shoes and a change of clothes (for after the sauna).

Swimwear must be worn at all times in the recovery zone.

For hygiene purposes it is required that you sit on a towel in the sauna and have a towel under your feet.

Limit the amount of makeup, perfumes or lotions worn prior to a sauna as these products can block your pores and inhibit sweating and detox plus it can also stain the wood of the sauna.

What Is The Difference Between a Traditional and Infrared Sauna

Traditional saunas use heated stones and water to create a hot and humid atmosphere. Infrared saunas look like traditional saunas but use heating panels that emit infrared wavelengths, encouraging your core temperature to slowly rise, allowing your body to sweat and remove the build up toxins in your system.

The quality of the infrared heat is more important than the air temperature hence infrared heat is known to be more gentle and more comfortable.

At LPHF, we use a full spectrum saunas, which utilise near, mid and far infrared heat technology, all at once.

What are the Benefits of Infrared Sauna

The infrared wavelengths safely penetrate the skin to increase your body's core temperature, resulting in a detoxifying sweat that leaves you healthier, relaxed and glowing. Some of the benefits of infrared sauna therapy include: Detoxification; Improved skin tone; Improved digestion; Support with skin conditions such as acne, eczema and dermatitis; Muscle recovery; Enhanced circulation and inflammatory control; Improved energy and mood, Weight loss; Immune boosting, Stress and Anxiety relief.

How Long Is An Infrared Sauna Session

Each session is 30 minutes long - 25 minutes in the sauna and 5 minutes to get ready and rinse off. To ensure a smooth experience and allow us to prepare for the next client, we recommend that you keep an eye on the timer in the sauna. Time will be deducted from your session if you arrive late. If you would like to attend a 60minute session please contact us directly and we can organise that for you.

Who Can Use An Infrared Sauna & Ice Bath

While infrared sauna & ice bath therapy offers a wide range of benefits, some people are required to consult with their practitioner first: people above the age of 55; individuals with cardiovascular conditions; individuals taking medications that might affect blood pressure and for sauna children under the age of 18. We recommend you to avoid using an infrared sauna and ice bath if you are pregnant, have a fever, chronic health conditions, acute bleeding, or intoxicated.

Do You Have Showers

Yes, we have a cold shower in the recovery zone and a full shower in the gym bathroom. Long Point Health & Fitness is on tank water and our showers are purely for rinsing before and after usage of the sauna and ice bath and not for full long showers to wash hair etc.

Can I Shower Mid Way Through A Sauna Session

We do not recommend showering mid-way through your sauna session, as our infrared saunas can easily be damaged by water. We kindly ask that you remain seated on a towel throughout your session and be mindful of water inside our saunas.

Do I Need To Book Or Can I Call In.

We recommend that you book your session prior to visiting our studio. We can't guarantee that we would have an available sauna if you walk in. It also takes some time to get our infrared sauna heated up to the right temperature prior to your arrival.