

PROTECT YOUR PEACE

Amuro

The Sauna
Protocol

A SIMPLE, REPEATABLE WAY TO SAUNA.
BEFORE, DURING AND AFTER.

FIRST EDITION · 2026

START HERE

Why this exists

A good sauna session is a ritual you can repeat, not a one off.

This protocol is the simple version of how I sauna: phone down, calm breathing, a few steady rounds and a proper cool down. It's for anyone who wants to build the habit without overcomplicating it.

It's general information from my own practice, not medical advice.

THE FOUNDATION

The five rules

1**Phone stays outside.**

The heat is one place nobody can reach you. Leave it in your locker.

2**Hydrate before and after.**

Go in already topped up with water, and drink again once you're out.

3**Build up slowly.**

Add time over weeks, not in one session.

4**Listen to your body.**

Dizzy, sick or unwell means leave. No round is worth pushing through that.

5**Keep it consistent.**

A steady routine beats the occasional marathon.

STEP ONE

Before: prepare

Get the basics right and the session takes care of itself.

- Drink water over the hour beforehand. Skip alcohol.
- Don't go in straight after a heavy meal. A light snack earlier is fine.
- Rinse off first and bring a towel to sit on.
- Wear natural fibres, and take off metal jewellery, watches and glasses. Metal gets hot enough to burn.
- Leave your phone and anything with a battery outside.

STEP TWO

During: the session

If you're new, start with a round of 8 to 10 minutes and add a few minutes over several weeks. Most people never need more than 20 in one round.

- **Bench.** Lower benches are cooler, higher ones hotter. Start low. I usually sit on the top bench once I'm used to it.
- **Breathing.** In through your nose for a count of four, out through your mouth. Keep it slow and even.
- **Stillness.** Sit, eyes closed if you like. No phone, no scrolling, nothing to do but be there.

LEAVE STRAIGHT AWAY

if you feel dizzy, light headed, sick or your heart is pounding.

STEP THREE

Between rounds: cool down

Two to three rounds is plenty. Step out and let your body settle before going back in.

- Rest until your breathing and heart rate feel normal again, usually 5 to 10 minutes. I keep my rests short, but don't rush yours.
- Cool air or a lukewarm shower is enough. If you use cold water, ease in and keep it brief.
- Drink some water.
- Stop for the day if a round felt harder than usual.

STEP FOUR

After: recover

The session isn't finished when you walk out.

- Rehydrate with water. Add electrolytes if you sweat a lot.
- Sit for a few minutes before dressing and stand up slowly.
- Eat a normal meal.
- Give yourself 15 minutes before you pick your phone back up. It's the part of the routine I protect most.

MAKE IT A HABIT

A weekly rhythm

These are starting points, not targets. Change one thing at a time, never everything in the same week.

LEVEL	SESSIONS A WEEK	ROUNDS	MINUTES PER ROUND
Beginner	1 to 2	1 to 2	8 to 10
Regular	2 to 3	2 to 3	10 to 15
Experienced	3 to 4	2 to 3	15 to 20

DRESS FOR IT

What to wear

Heat and skin are happiest with simple, breathable materials.

- **Natural fibres first.** Cotton, linen and plant fibres like lyocell breathe and move moisture away.
- **Nothing metal against skin.** Zips, rivets, jewellery and glasses chains get hot fast. Take them off or keep them clear of skin.
- **Keep plastic away from skin.** Hot synthetics can feel clammy and stick. Choose soft, loose and light.
- **Bring a towel to sit on.** Cleaner, and kinder to the bench.

This is the thinking behind Amuro sauna shorts: an organic cotton waffle shell, a Tencel lyocell liner and no metal hardware.

BEFORE YOU BEGIN

Check first

This guide is general information, not medical advice.

- **Talk to your doctor first** if you have a heart or blood pressure condition, are pregnant, or take medication that heat can affect.
- **Leave and cool down** straight away if you feel dizzy, faint, nauseous or get chest pain.
- **No alcohol** before or during a session.
- **Skip it** when you are unwell or have a fever.

REMEMBER

You know your body best. If a session doesn't feel right, stop. The sauna will be there tomorrow.

Questions about any of this, or how you're getting on? Reply to the email this came with, or write to hello@amurolife.com. It comes straight to me.

Ruairí

Protect your peace.

Amuro

SAUNA SHORTS

Designed in Ireland. Organic cotton waffle shell, Tencel lyocell liner, no metal hardware.

amurolife.com · [@amuro.life](https://www.instagram.com/amuro.life)