

# Home Sauna Kits

## How to Prepare a Sauna Whisk for Use

Sauna whisks are used to help remove dead skin cells, stimulate superficial blood circulation, and promote metabolism. But there are a few steps that need to be taken to prepare the whisk before you can enjoy the results! Dried whisks need to be soaked in warm water before use to soften leaves and enhance efficacy.

- Submerge and soak the whisk in a bucket of cold water for 30 minutes. Make sure all the leaves are underwater
- Flip the whisk so that the handle is in the water, but the leaves are exposed. Soak the handle for another 30 minutes
- Finally, prepare a bucket of warm water in the sauna and once the 30 minutes are up, take the sauna whisk out of the cold water and place in the warm water bucket. It is now ready to be used!

