

# SAUNA SAFETY RULES

**CAUTION: PERSONS WITH MEDICAL CONDITION SHOULD CONSULT A PHYSICIAN BEFORE SAUNA USE**

Sauna is limited to a maximum of 10 people.

Children under the age of 18 years are not permitted in the sauna.

The temperature is pre-set and will range from 178 F – 194 F or 80-90 C

Patrons should not remain in the sauna for more than 10 minutes at a time. (The recommended procedure is to spend 5 minutes on the lower bench and 5 minutes on the upper bench. This should be followed by a cold shower, followed by another 10 minutes in the sauna and another cold shower)

Drink plenty of water before and after using the sauna.

Patrons using the sauna are required to shower before entering.

Patrons are required to have a clean towel to sit on. No towel, No entrance!

(Maximum clothing authorized is clean shorts. Wearing excessive clothing, sweat suits, rubber suit, shoes, socks, jewelry, body oils, lotion and creams are strictly prohibited. Shower shoes/flip-flops are authorized.

This is a dry sauna only! **Do Not** pour water or any type of scented oils on the heating element rocks.

All electronics devices are strictly prohibited inside the sauna.

No newspaper, magazine or paper products are permitted in the sauna.

No plastic or glass items are permitted in the sauna.

Violator may lose their right to use the sauna!