

Sauna Rules

Takes 30 to 60 min. to Heat up - Pour Water Into Gravel – Turn On 155° to 195°F

- 1. The following individuals should not use the Sauna:
those with heart disease, diabetes, high or low blood pressure, circulatory or respiratory problems, seizures, epilepsy, pregnant women, those using prescribed or illegal drugs or under the influence of alcohol!**
- 2. Children age 5 and under are Not Permitted in the Sauna!**
- 3. Children between ages 6 & 14 must be accompanied by adult in sauna!**
- 4. Limit yourself to 15 to 20 minutes in sauna; Do Not Exceed 200°F!**
- 5. After exercising cool down 5 minutes before entering the sauna!**
- 6. Leave the sauna anytime you feel light-headed, dizzy or ill!**
- 7. Strenuous exercise is prohibited in the sauna!**
- 8. All individuals using the sauna must sit on a towel!**
- 9. Remove all jewelry & piercings; metal gets hot!**
- 10. Only a towel or swimwear may be worn in the sauna!**
- 11. No Food, Drinks or Glass In Sauna; Except plastic bottled water!**
- 12. Shower after using the sauna & especially before entering the hot tub!**