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!