

SAUNA BATHING INSTRUCTIONS

Book your appointment.

Beforehand, freshen up with a shower, and wear workout attire or at the very least a "bathing suit" attire along with sandals to guarantee a pleasant experience for all.



For personal hygiene, place a towel on your bench prior to using. Get comfortable and start with dry heat first. When you are ready to add humidity, begin sprinkling clean water over the hot stones with a dipper. This will promote perspiration and create a comfortable atmosphere. DO NOT use anything other than water!

Use the sauna in 10 minute increments. Be sure and give yourself the same amount of time to cool-off. A cool shower is one of the best ways to do this. Repeat the process 2 or 3 times as desired.



Important tips when using:

Do not smoke, drink alcohol or exercise in Sauna. Drink lots of water before, during and after session. Allow time for relaxation during and after session.

WARNING: Do not exceed 30 minutes inside of the Sauna per session. Saunas are very healthy when used as directed, but spending excessive time per session can be harmful to your health. If you are in poor health or have heart problems, it is important to consult your physician before using a Sauna.

