

Sauna rooms rules & regulations

CAUTION: Persons with medical conditions should consult a physician before using this room.

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 who are using prescribed or illegal drugs or under the influence of alcohol.
2. Children age 10 and under are not permitted in the sauna.
3. Children between the ages of 10 and 14 must be accompanied by an adult in the sauna at all times.
4. A bathing suit or other appropriate clothing must be worn in the sauna.
5. Individuals must shower before using the sauna.
6. No newspapers, magazines, or paper products are permitted in the sauna.
7. Wear, or sit, on a towel to protect the wood from perspiration.
8. Limit your exposure to 15 minutes per sitting. Those feeling dizzy or faint should leave the sauna immediately, & consult a physician before returning.
9. Allow a 5-minute cooldown period after exiting the sauna.
10. Drink plenty of water before and after using the sauna.
11. Remove all jewelry.
12. Strenuous exercise is prohibited in the sauna.
13. Do not smoke, eat, or drink beverages in the sauna room.
14. Do not leave your clothes to dry inside the room.
15. The Sauna heater can reach 90°C (194°F). Do not touch the rocks or other parts of the heater!
16. Do not put water or any other substance on the Sauna Heater.

DO NOT TAMPER WITH THE SENSOR BULB UNDER ANY CIRCUMSTANCES. The sensor coordinates the temperature in the sauna and plugging it can cause accidents.