

Relax. Don't be in a hurry. Allow plenty of time for the sauna experience.

Shower before entering the sauna.

Use cover-ups or towels.

Temperatures of 160° - 190° are usually sufficient.

Do not wear jewelry nor enter immediately after eating.

Spend 2-3 minutes at the lower level, allowing your body to adjust to the heat. Then move to the upper level for maximum sauna pleasure.

Splash water on the rocks to increase the humidity and promote perspiration.

Use the sauna for 10-15 minutes then cool down. Take a cool shower.

When body temperature has cooled down re-enter sauna and repeat the sequence up to three complete cycles.

Exit sauna, shower and allow body temperature to return to normal levels.

Replenish your system with water or other appropriate fluids.

WARNING: Do Not Exceed 30 Minutes In Sauna. Excessive Exposure Can Be Harmful To Your Health. Persons With Poor Health Should Consult Their Physician Before Using Sauna.