



Sauna Guidelines



The following advice and rules are for your safety & convenience

Before:

- Drink plenty of water
- Remove all jewellery, glasses & contact lenses
- Shower well (no lotions or body oils should be used in the sauna)
- Wear appropriate swimwear, plus either wrap your lower body in a towel, or take a towel to sit on

During:

- The operating temperature of the sauna is between 50°C & 75°C
- If you are new to using saunas, we recommend starting with a **5-10** minute session only
- We strongly recommend a maximum sauna time of **15-20** minutes. After this, take a break of at least 10 minutes to cool down
- No mobile devices, food or drink to be taken into the sauna
- A sauna is designed to have dry heat, but not so dry that it is uncomfortable, or hurts your airways. Using the scoop & bucket provided, you may ladle a small amount of water over the coals to moisten the air.

After:

- Please take time to cool down after leaving the sauna
- Ensure you take your towels with you
- Be mindful to minimise the time that the door is left open, so heat doesn't escape for the next user
- Drink plenty of water

! If you have any feelings of illness, nausea or dizziness, leave the sauna immediately, taking care to avoid the pool edge. **!**

Please report this to your GP or call 111 or 999 for immediate medical help if these feelings do not subside once you have rested & cooled down.

When not to use the sauna:

- ❖ Please do not use the sauna if you have eaten a large meal or consumed alcohol within the last 1hr 30minutes.
- ❖ No children under 16yrs, pregnant women, elderly or persons suffering from heart disease, respiratory conditions, diabetes, high or low blood pressure should use the sauna.
- ❖ Do not use the sauna if you have an infectious skin condition, open sores or wounds.
- ❖ Do not use the sauna if using anticoagulants, antihistamines, stimulants, hypnotics, narcotics or tranquilisers.
- ❖ If you have any other medical condition that causes you to question how safe the sauna is for you, please seek advice from a medical professional first.