



SAUNA HOURS

Monday – Friday:
5:30 am – 12:30 pm / 4:30 pm – 8:30 pm
Saturday & Sunday: 8:30 am – 2 pm

WARNING

1. Use at your own risk. These saunas are not monitored.
2. Please consult your physician to determine whether it is safe for you and your health.
3. Use of saunas increase pulse rate, increase body temperature, and changes blood pressure. The individual effects are unpredictable and could be physically hazardous.
4. The sauna is not recommended for people with the following conditions: heart disease, high or low blood pressure, diabetes, epilepsy, respiratory problems, circulatory conditions, or pregnancy.
5. Experiencing high heat and humidity in the sauna while under the influence of alcohol or some medications can be dangerous.
6. Use for no more than 30 minutes. Long exposure may result in nausea, dizziness, or fainting, or sleepiness, or overheating.
7. The floor may be slippery when wet. Please use caution when entering or leaving the sauna.
8. Rubber, plastic, or heavy clothing can cause dehydration and heat exhaustion. Appropriate clothing is recommended.
9. Metal and jewelry can get hot.

SAUNA RULES

For your safety and the safety of others

1. This is a dry sauna. No water is to be poured on the rocks, as the steam can cause burns and dangerously raise the sauna temperature.
2. Reduce the risk of fire. Do not place combustible material on heater at any time.
3. People under 13 years old are not allowed to use the saunas. People ages 13 to 16 years old must be accompanied by a responsible adult 18 years or older.
4. Shower prior to using the sauna, especially after swimming, to remove chlorine that releases toxins into the air.
5. Appropriate clothing must be worn at all times. Proper attire consists of a bathing suit, or shorts and a t-shirt. No rubber shoes, such as athletic shoes, that can cause scuff marks.
6. Sit on a towel or clothing to protect the wood and keep a sanitary environment.
7. Gum, food, and beverages are not allowed except water in a sealed, plastic container.
8. No personal hygiene practices, such as shaving, are to be performed in the sauna.
10. Use of essential oils or scented lotions in the sauna can be toxic and are not permitted.
11. No phones, cameras, or other electronics.
12. No exercising in the sauna.