

# SAUNA HOURS

Monday – Friday:  
5:30 am – 12:30 pm / 4:30 pm – 8:30 pm

Saturday & Sunday:  
8:30 am – 2:00 pm

## WARNING

- Use at your own risk. These saunas are not monitored.
- Please consult your physician to determine whether it is safe for you and your health.
- Use of saunas increase pulse rate, increase body temperature, and changes blood pressure. The individual effects are unpredictable and could be physically hazardous.
- 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.
- Experiencing high heat and humidity in the sauna while under the influence of alcohol or some medications can be dangerous.
- Use for no more than 30 minutes. Long exposure may result in nausea, dizziness, or fainting, or sleepiness, or overheating.
- The floor may be slippery when wet. Please use caution when entering and leaving.
- Rubber, plastic, or heavy clothing can cause dehydration and heat exhaustion. Appropriate clothing is recommended.
- Metal and jewelry can get hot.

## SAUNA RULES

- This is a dry sauna. No water is to be poured on the rocks. Water will damage the heater and can cause burns.
- Reduce the risk of fire. Do not place combustible material on the heater.
- 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.
- Shower prior to using the sauna, especially after swimming, to remove chlorine that releases toxins into the air.
- 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.
- Sit on a towel or clothing to protect the wood and keep a sanitary environment.
- Gum, food, and beverages are not allowed except water in a sealed, plastic container.
- No personal hygiene practices, such as shaving, are to be performed in the sauna.
- Use of essential oils or scented lotions can be toxic and are not permitted.
- No phones, cameras, or other electronics.
- No exercising in the sauna.