

SAUNA USER GUIDE

Follow these instructions for a safe and enjoyable sauna

BE AWARE THAT:

- A sauna operates at 65 – 90°C. Make sure the temperature is comfortable for you by varying your position in the sauna.
- The higher benches are the hottest, the lower benches cooler.
- The sauna controls should only be adjusted by an authorised person.
- Contact lenses will dry out and glasses become very hot and hence should not be worn in the sauna.
- Care should be taken when adding water to the stove for this will rapidly cause an increase in heat. Respect the needs of other users and seek their approval or warn them before putting water on the stones.

THE POTENTIAL HAZARDS ARE:

- Hot stove burns or bruises from a slip on a wet floor or bench.
- Fire or fumes from towels placed on or above the sauna stove.
- Slipping injuries caused by wet flooring.

YOU SHOULD NOT USE THE SAUNA IF YOU:

- Have a serious illness, or have a heart condition, high or low blood pressure, or respiratory condition or any other medical condition which may affect your reaction to heat.
- Also taking medication for any of the above conditions or at which you are unsure as to the advisability of using saunas.
- Are susceptible to migraines – saunas can trigger these.
- Are a diabetic with damaged foot or peripheral neuropathy who experiences reduced sensation in your feet.
- Have a contagious disease, infectious skin condition, open sores or wounds.
- Have an illness causing an inability to perspire.
- Have had a heavy meal within 1.1/2 hours.
- Are under the influence of alcohol or drugs.
- Have recently exercised. Time should be allowed to enable the body temperature to return to normal levels.

HOW TO USE THE SAUNA SAFELY:

- During sauna bathing, always drink plenty of water to replace the fluids lost during perspiration, but avoid alcohol. If at any time in the sauna any feelings of illness are experienced, leave the sauna immediately and consult with staff or seek medical advice if necessary.

A TYPICAL SAUNA EXPERIENCE

- When changing, remove any metal forms such as watches or jewellery as they can become very hot.
- Have a warm shower to remove any perspiration or deodorants and to moisten the skin.
- For hygiene reasons, take a towel to sit or lie on.
- Enter the sauna cabin and sit or lie on a bench at a height where the heat is comfortable to you. This will raise the body temperature and start perspiration.
- When the heat becomes too uncomfortable leave the sauna and cool down, either gradually sitting in a room outside the sauna, or take a cold shower/use the plunge pool.
- When you have cooled you may return to the sauna to experience more heat. This is when, with the approval of your other bathers, you could add water to the rocks to produce steam and increase the sauna heat. Again leave when you feel too uncomfortable – sauna should be a pleasurable experience.
- When finished, cool off for the final time.

CHILDREN – MUST BE SUPERVISED CLOSELY AT ALL TIMES BY A RESPONSIBLE ADULT.

THE ELDERLY – SHOULD MODIFY THEIR BATHING REGIME TO ENSURE THEY DO NOT BECOME STRESSED
DIABETICS – MAY NEED TO CHECK WITH THEIR DOCTOR BEFORE SAUNA BATHING