

SAUNA SAFETY INFORMATION

READ BEFORE ENTERING THE SAUNA

Using the sauna safely, limit sessions to 15-20 minutes, stay hydrated, avoid alcohol or drugs, and remove jewellery. Supervise children and be mindful of your body's signals, exiting immediately if feeling unwell.

Important: Report any Incidents or accidents to members of staff.

Before Entering the Sauna:

- **Consult Your Doctor:**

If you have any underlying health conditions or are pregnant, especially heart problems or low blood pressure, consult your doctor before using a sauna.

- **Hydrate:**

Drink plenty of water before, during, and after your sauna session to prevent dehydration.

- **Shower:**

Shower and dry off before entering the sauna, as dry skin sweats faster than moist skin. This also improves the hygiene within the sauna.

- **Remove Jewellery:**

Take off all jewellery and watches as it can overheat and cause burns.

- **Dress Appropriately:**

Wear a bathing suit or loose-fitting clothing to allow your skin to sweat freely and help you cool down.

- **Avoid Alcohol and Drugs:**

Do not consume alcohol or drugs before, during, or after using a sauna, as they can increase the risk of dehydration and other complications.

During Your Sauna Session:

- **Limit Session Length:** Keep your sauna sessions to 15-20 minutes, especially if you're new to saunas.
- **Monitor Your Body:** Pay attention to how you feel and **exit the sauna immediately** if you feel dizzy, nauseous, or uncomfortable.
- **Monitor the temperature:** Ideal range is 150-190°F (65-90°C).
- **Stay Hydrated:** Continue to drink water during your sauna session. No food in the sauna
- **Supervise Children:** 8yrs and older only permitted into the sauna. Always supervise children in and around the sauna area. Children should not be in the sauna longer than 15mins.

- **Don't Touch Hot Surfaces:** Be careful not to touch the heater stove, or rocks, as they can cause burns.
- **Sit on a Towel:** Sit on a towel to reduce the risk of infection and burning and improving the hygiene on the benches.
- **Respect Others:** Be mindful of other sauna users and their space.
- **Pour Water Carefully:** Ask other users before pouring water on the rocks, do so slowly and from a distance to avoid scalding from the steam. Use ladle provided.

After Your Sauna Session:

- **Cool Down Gradually:** Allow your body to cool down gradually after exiting the sauna.
- **Rest:** Rest for at least 10 minutes to allow your heart rate to slow down.
- **Rehydrate:** Continue to drink plenty of water to replace the fluids lost from sweating.
- **Educate Others:** Remind others of sauna safety rules, such as not covering the heater or placing items on the coals.
- **Cold Plunges or Sea Swimming:** These are done at your own Risk.