RULES OF THE SAUNA:-

1. Please shower before entering the Sauna, as well

 as after using the Sauna

1. Allow yourself 5 minutes after exercising to cool

 down before using the Sauna

1. Close the door tightly
2. Towels or bathing suits are required
3. Use one ½ dipper of water on the rocks. Too much

 water cools the rocks!

1. No food or drink allowed
2. No drying of personal items allowed
3. Do not leave papers or magazines in the Sauna
4. The temperature should not exceed 90 degrees

 celsius

1. Please limit your session to a maximum of 10

 minutes

1. Those with medical conditions such as high blood

 pressure, heart disease, respiratory problems,

 and those who are pregnant, should avoid

 exposure to heat

1. Use by persons under 18 years of age is prohibited
2. Exit immediately if uncomfortable, dizzy or sleepy.

 Staying too long in a heated area is capable of

 causing overheating

1. Do not tamper with the sauna equipment
2. Do not touch the metal heater, it is extremely hot!
3. Emergency contact number:

Amy – 07717 503251