

SAUNA SAFETY RULES:

Please:

- **Shower with soap before you get into the sauna.**
- No glass other than the plastic ones.
- Do not use sauna under the influence of alcohol, anti-coagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics and/or tranquilizers.
- **No children under 12yrs of age.**
- Do not exceed 15mn.
- Anyone with heart disease, diabetes, high or low blood pressure or any serious illness, as well as pregnant women should NOT use the sauna
- Long exposure to sauna temperature may result in nausea, dizziness and/or fainting.
- Remove all jewellery
- **Swimmers, work out shirts and shorts or towel must be worn while using the sauna.**

Thank you!