

SAUNA RULES OF USE

- **DO NOT USE** if you are pregnant, have a serious illness, heart condition, high or low blood pressure, respiratory condition or any other medical condition which may affect your reaction to heat.
- Take a break after 15 minutes
- Hydrate regularly
- Please **DO NOT** pour water on the rocks
- All users must be 17 years and older
- A **TOWEL** must be used to sit on
- Oils or lotions are not to be used
- No spitting
- Please shower and towel dry before and after use
- The sauna may be closed at times throughout the day for cleaning and 15 minutes prior to the facility closing time.