



SAUNA RULES

- **MAX 4 PEOPLE (FITS 3 COMFORTABLY)**
- **LIMIT TO 15–20 MIN PER SESSION**
- **KIDS UNDER 6 NOT ALLOWED; 7–14 W/ ADULT, MAX 10 MIN**
- **FIRST-COME SEATING — PLEASE SHARE**
- **SHOWER BEFORE ENTERING**
- **SWIMSUITS OR CLEAN GYM CLOTHES — NO SHOES, NO NUDITY**
- **SIT ON A TOWEL & TAKE IT WHEN YOU LEAVE**
- **LEAVE SHOES OUTSIDE**
- **STOP IF DIZZY OR UNWELL**
- **WATER ONLY (NO GLASS); NO FOOD, ALCOHOL, OR DRUGS**
- **USE AT YOUR OWN RISK — CONSULT YOUR DOCTOR IF NEEDED**
- **SPEAK QUIETLY; NO DEVICES**
- **NO LOTIONS, OILS, OR SCENTS**
- **POUR WATER SPARINGLY ON ROCKS (NOT POOL WATER)**
- **PLACE USED TOWELS IN LAUNDRY BINS**

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