



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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