

# Macleay

## TOWER & VILLAS

### DOCKSIDE

#### **How to Operate the Sauna**

1. First select temperature level with *Right Dial*
2. Press *Red Button* to start timer (one hour)
3. Allow room and rocks to heat for 20 minutes
4. Once rocks are heated sprinkle fresh water over with the provided ladle.

#### **How to get the most out of your sauna**

- Allow the heater to operate for 20 minutes to heat the room
- Always shower before going into the sauna
- *Take a towel in with you to sit on.* Stay inside the sauna only as long as it feels pleasant. Go out now and then to cool off and freshen up with a quick shower.
- Show consideration for other bathes. Don't set the temperature higher than is pleasant for all those using the sauna.
- Children must be supervised at all times.
- Round off your sauna with a long cool shower.
- Never get dressed right after your sauna. This will only cause you to perspire. Relax, treat yourself to a cold drink and enjoy a sensation of true well-being. Don't get dressed until your body has cooled down and your pores have closed once again.
- Persons with high blood pressure or heart disease are advised to consult their doctor before using saunas.