



### Sauna Operation Opening Hours: 6am-9pm daily

1. Select required temperature level with the *Black Heating Dial (cool>hot)*
2. Press the *Red Button* to start time (1 hour running time)
3. Allow the room and rocks to heat for 20 minutes
4. Sprinkling fresh water over the rocks will produce a little steam and additional humidity

### Further essential information for all users

- For optimal heat allow operation for 20 minutes prior to entering the sauna.
- **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 comfortable.* Follow up with a shower to cool off.
- Show respect for others. Don't set the temperature higher than is comfortable for all users.
- Children must be supervised at all times.
- Relax and treat yourself to a cold drink. Delay dressing until your body has cooled down and your pores have closed once again.
- Consult your doctor prior to using saunas if you have a medical condition such as hypertension or heart disease. Pregnant women are advised not to use saunas.
- No alcohol or food is to be consumed in the sauna or pool area.