

Please remember to follow these simple guidelines in order to get the most from a sauna

- Take medical advice prior to sauna bathing if you have any medical conditions
- Drink 2-4 glasses of water prior to entering the sauna to maintain hydration
- Wear swimwear or a loose-fitting towel or robe
- Limit the time spent in the sauna if new to sauna bathing, build up gradually in 5 minute intervals to a maximum of 20-30 minutes
- Leave the cabin immediately if feeling faint
- Drink plenty of fluids after a sauna
- Rest and relax for a minimum of 10 minutes after a sauna