

SAUNA RULES

Start with a 10-15 minute session to see how you react. If all goes well, you can then begin adding time to each session until you reach the suggested max of 20-30 min.

Start with a brisk walk, simple exercises, or a quick gym visit before your session. For best results, wear your towel, undergarments, or loose cotton clothing if you must be dressed in the sauna.

ABSOLUTELY NO

- Shoes of any kind
- Long pants
- Sweats
- Shirts
- Hats
- Food
- Drinks
- Electronics

