



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sauna Use & Helpful Tips

- Relax. Don't be in a hurry. Allow plenty of time for the sauna experience.
- Please shower before entering the sauna.
- Please use cover-ups or towels.
- Temperatures of 160° -190° are usually sufficient.
- Please do not wear jewelry.
- Please do not enter the sauna immediately after eating.
- Spend 2-3 minutes on the lower level bench, allowing your body to adjust to the heat. Move to the upper level bench after for maximum sauna pleasure.
- Splash minimum amounts of water on the rocks to increase the humidity and promote perspiration. Do not pour too much water on the rocks at one time.
- Use the sauna for 10-15 minutes then cool down. Take a cool shower.
- When body temperature has cooled down, re-enter the sauna and repeat the sequence up to 3 complete cycles.
- Exit sauna, shower and allow body temperature to return to normal levels.
- Replenish your system with water and other appropriate fluids.

**WARNING:
Do Not Exceed 30 Minutes in Sauna.
Excessive Exposure Can Be Harmful To Your Health.
Persons With Poor Health Should Consult Their Physician
Before Using The Sauna.**

Courtesy of AM-FINN SAUNA & STEAM
Ph. 800-237-2862
www.saunasolutions.com