

# GUIDE FOR USING THE SAUNA

- **Wait** 1 -2 hours after eating
- **Start slowly**, 20 mins
- **Sauna Apparel** Light weight shorts and tee shirt are ok.  
Swim suits are better.
- **Towels**, you are advised to bring 3 towels if possible, one to sit on, one for your feet (or footwear) and one to dry off.
- **Stay Hydrated, drink before and after use, replacing salts**
- You may not sweat a lot first 2-3 sessions
- **Take care not to overheat** on the first few sessions. If you feel lightheaded, headache or a queasy stomach terminate session.
- If sauna becomes too hot or stuffy open the vent or the door for a minute to let air in.
- If possible, to reduce chronic stiffness and problem areas, massage muscle areas whilst in the sauna