



HOW TO SAUNA SAFELY

- **Keep sessions short.** You can build up your tolerance for the heat over multiple visits.
- **Limit sessions to 15 to 20 minutes.** Even healthy individuals should limit their time to 15 to 20 minutes in a sauna.
- **Remove jewelry.** Metal jewelry, including rings and small earrings, can heat up very quickly and cause skin irritation or burning.
- **Monitor how you feel.** If you are sensitive to the heat, feel dizzy, nauseous or begin to feel uncomfortable, leave the sauna immediately.
- **Stay hydrated.** Always hydrate beforehand, and drink two to four glasses of cool water after each session. Drink mineral water or juice to replace electrolytes lost through sweating.
- **Use the buddy system.** Bring a friend or family member with you in case problems do occur.
- **Only pour clean water on the rocks.** Any other liquid including dirty water will damage the stove.
- **Do not set anything on the top of the stove.** The rocks and stove become very hot. Do not touch.
- **Children must be supervised.** Children under 16 should have an adult with them in the sauna. Children under 12 should have an adult seated between them and the sauna stove to avoid injury or overheating.
- **Rest and cool off afterwards.** Lie or sit down for at least 10 minutes, then take a cold shower to help bring your body temperature to normal levels.

Sauna use can be very good for your body and relaxing when used safely.