**SAUNA GUIDELINES**

For the safety and enjoyment of everyone, please observe the following guidelines while enjoying the sauna:

* Please shower before entering the sauna
* Please respect your neighbor’s space and keep conversations quiet
* **Swim attire, cover-ups and towels only - *no street clothes***
* **No oils or lotions - *please apply these after your sauna***
* No street shoes or flip flops
* No plastic bags, electronics, or water bottles
* No reading materials
* No unaccompanied children
* **No towels or articles of clothing placed on the heating element at any time - *this is a fire hazard***
* No wringing out towels or bathing suits inside the sauna
* No inappropriate behavior or language

Please be aware that people with heart issues, high or low blood pressure or under the influence of alcohol or narcotics should not use the sauna.

*Thank you for helping to make this space safe and comfortable for everyone!*