



Welcome to Your Sauna Experience

For scheduled use by members with sauna access.

Operating Instructions (max occupancy 3)

1. Before your first use, please complete a brief orientation with a staff member and confirm you have no health contraindications.
2. Press the thermostat button to awaken the control panel and set your desired temperature (3 red wavy lines will indicate the heating element is active). You are welcome to set this before your appointment to pre-heat the sauna.
3. Ensure the sauna door is fully closed so the heating element can operate.
4. Place a clean towel on the bench surface where you plan to sit.
5. For steam, **use only the provided distilled water and ladle**. Pour one full ladle slowly and evenly over the rocks no more than once every 5 minutes.
6. When finished, press the thermostat button to power off (the 3 red wavy lines will turn off).

Tips for an Optimal Session

1. Beginners are encouraged to start at lower temperatures and shorter duration to allow body acclimatization.
2. Experienced users typically find 175°F to 195°F for 10–20 minutes provides optimal cardiovascular and relaxation benefits.
3. **Maximum session length is 30 minutes per use.**
4. Aim for up to 60 total minutes per week, divided across 2 to 4 sessions.

Safety Precautions

1. Certain medical conditions are contraindications. Please review all health precautions and complete mandatory liability waivers prior to your session.
2. **Never use the sauna without consenting adult supervision on standby.**
3. **Ensure you are well-hydrated before and after each session.**
4. **Discontinue immediately if you feel lightheaded, dizzy, or experience any discomfort.**