



Guidelines for using our Finnish Sauna

- Limit the intake of alcohol before sauna.
- No smoking/vaping of anything in the sauna.
- The use of candles or any open flame is prohibited.
- Remove all jewelry which can get quite hot.
- Wear commercial work out/swim shorts (no spandex which gets quite hot) or use the provided towel to sit on. Ours is a 'suited sauna' however, once the door is closed, feel free to sauna how you choose.
- The heat and humidity of a Finnish sauna is very hard on electronics ie: phones, earbuds, etc. Feel free to sync your phone to our bluetooth speaker located in the hot room. Leave your phone in the changing room where it is cooler.
- You can sauna in unlimited sessions but please limit each session to no longer than 10-15 minutes each. Cool off and rehydrate on the porch for a few minutes then feel free to re-enter the hot room.
- Use the sauna at your own risk. While saunas have been used for centuries as a healthful way to detoxify and relax, people who are pregnant, who have uncontrolled high blood pressure or who have had recent chest pains or a heart attack should consult a doctor before using a sauna.
- There is a Finnish tradition of going straight from the sauna into the snow but a gradual cool down is easier. For a less extreme way to cool your body down, utilize the open-air cool water shower on the outside wall of the sauna. It has a shower head with a hand-held shower head to use to rinse off after your sauna session is complete. Bonus: this also removes any impurities that your body has eliminated and prevents their reabsorption. There is an open-air cool water shower head with a hand-held shower head to use to rinse off after your sauna session is complete.
- After your sauna session, we recommend that you rehydrate, rest and relax by the fire pit.

Quoting my Finnish ancestors here: "if svet kets in yuu eyes, chust plink a coppla dimes"