

How To Take A Sauna



1. SHOWER

shed the outside world & help keep our pools clean

2. SAUNA

dry or steam warm up for 5-10 minutes to
relax muscles & release tension

3. COOL DOWN

cool rinse & cold plunge to immune boost

4. REST

lie down, sit quietly or stretch for 15-20 minutes to revive
energy

5. REPEAT!

add 5 minutes to your series of dry or steam heat
followed by a cool rinse & cold plunge and final rest for
at least 20 minutes.....mmmm.....

DRINK LOTS OF WATER

**HEAT UP, COOL DOWN,
RELAX!**

Welcome home to yourself

Please whisper as a courtesy to others

Did you know this sauna circuit has about the same health
benefits as a 30 minute cardio workout? You're welcome!

-if you have a history blood pressure issues, heart conditions or if
you are pregnant, please consult your physician prior to spa use-