

SAUNA USER GUIDE

SAUNAS • A User Guide

HOW TO USE THE SAUNA SAFELY:

Undress and place belongings in a locker or other secure place.

Remove any metal in the form of watches and jewellery as they can become very hot in the sauna.

Remove any make-up and enjoy a warm, thorough, cleansing shower.

Take a towel to sit on.

Enter the sauna cabin and sit or lie on top of your towel, on a bench or platform at a height which is comfortable.

Relax for eight to ten minutes in the dry heat. This will raise the body temperature and the perspiration will clean the pores of the skin.

Before becoming too uncomfortable leave the sauna and immediately take a cold shower or use the plunge pool if provided to close the pores of the skin. In Finland, some bathers dive directly into icy water.

Return to the sauna for a further five to ten minutes.

Pour one or two ladles of water onto the rocks to produce "loily" (steam) and add more water to the rocks at intervals.

A total time in the sauna of 20 to 30 minutes should be adequate though the hot/cold cycle can be repeated as often as comfort allows. Remember too long an exposure may result in nausea, dizziness or fainting.

When you are ready to complete the sauna session, leave the sauna and take a final cold shower.

Wrap yourself in a dry towel and relax for fifteen to twenty minutes, or until the body temperature has returned to near normal then take a warm shower before dressing.

During sauna bathing, drink plenty of fluids to replace those lost during perspiration - but never alcohol.

If at any time in the sauna any feelings of illness are experienced, leave the sauna immediately and consult with staff or seek medical advice if necessary.

THE POTENTIAL HAZARDS ARE:

Adverse reaction caused by excess heat or overuse, including giddiness and fainting.

Burns caused through contact with the sauna stove and light fittings.

Cross infection from unhygienic sauna bench surfaces.

Shock due to sudden, extreme changes in temperature induced by use of plunge pools or cold showers.

Allergy to chemicals used in the plunge pool disinfection process.

Fire or fumes from towels placed on or above the sauna stove.

Slipping injuries caused by wet flooring.

ARE YOU IN ONE OF THESE GROUPS?

CHILDREN: The body temperature of young children will rise much quicker than that of older children or adults owing to their underdeveloped thermo-regulatory mechanisms. Children should be supervised closely at all times by a responsible adult and must replace lost fluids frequently. Adults must be aware of the dangers of heat stress in children and ensure an appropriate sauna experience accordingly.

THE ELDERLY: As the body becomes older it is less effective at dealing with the stress placed upon it. Elderly people should not engage in unnecessarily intensive sauna bathing.

PREGNANT WOMEN: Pregnant women should seek medical advice before using the sauna.

YOU SHOULD NOT USE THE SAUNA IF YOU:

Suffer from heart disease or circulatory problems, high or low blood pressure, or from any condition which may affect your reaction to heat.

Are suffering from infectious skin diseases, sores or wounds.

Are suffering from an illness causing an inability to perspire.

Are taking anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics or tranquilisers or any other medications whatsoever which makes you unsure as to the advisability of using saunas.

Have had a heavy meal within one and a half hours.

Have consumed alcohol within one and a half hours.

Have recently exercised. Time should be allowed to enable body temperature to return to normal levels.

Suffer from any condition whatsoever which makes you unsure as to the advisability of using saunas.

BE AWARE THAT:

A sauna operates at a temperature of 85-100°C. Ensure this is comfortable for you.

Jewellery, watches etc. should be removed before using the sauna.

The warmest part of the sauna is diagonally opposite the stove. The higher benches are the warmest.

The sauna controls should only be adjusted by an authorised person.

Contact lenses and glasses should not be worn in the sauna.

Care should be taken when adding water to the stove. The sauna is intended to be a dry heat bath, it should not be so dry that it is uncomfortable to the nose or throat.

DALE SAUNA

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