

SAUNA RULES

**These rules use to our sauna.
Failure to comply will result in exclusion from
using our sauna.**

- You must always shower or rinse off before using the sauna – for hygienic reasons.
- Hang your bathrobe outside the sauna.
- Leave your shoes/sandals outside the sauna – this makes cleaning easier.
- Use a large towel to sit on in the sauna - the towel should be large enough to go under your feet if you're sitting on the top bench.
- Swimwear is required for everyone using the sauna.
- Be considerate of others.
- Use of mobile phones is not allowed.
- No food or drinks are allowed in the sauna.
- Shaving or nail clipping is not allowed in the sauna.
- Smoking is prohibited in the sauna.
- The oven must not be covered – it is hot! Keep a distance and never place anything on the oven.
- Do not pour oil on the sauna oven.
- When leaving the sauna, the floor must be swept and cleaned so it is pleasant for the next guests to use the sauna.