


We're so excited for you to enjoy the sauna experience at [Stone City Treehouse & Glamping](#).

### **Important:**












Be sure to watch the sauna instructional video. Need it again? [You can find it here!](#)

It takes about an hour to heat the sauna up – more in the winter and less in the summer. Supplies (and fire extinguisher) are found under the lower bench – just lift the seat!

### **Safety First** ❤️

- ✔️ No kids under 5 in the sauna
- ✔️ Ages 6-18 must be with an adult
- ✔️ Cool down 5 min after exercise before entering
- ✔️ Pregnant or have health concerns? Check with your doctor first
- ✔️ No alcohol, drugs, or medications that affect circulation
- ✔️ Sit on a towel
- ✔️ Remove metal jewelry
- ✔️ Rocks & stove get HOT—be careful!
- ✔️ Limit sessions to **15 min max**
- ✔️ Water only — no food, smoking, or vaping inside
- ✔️ Leave if you feel dizzy, nauseous, or unwell
- ✔️ Hydrate before, during, & after 
- ✔️ Don't dry clothes or towels inside
- ✔️ Fire extinguisher is inside the bottom bench (lift the lid)

### **How to Use the Woodstove** 🔥

-  Paper  Kindling  Dry hardwood on top
-  Keep stove door closed & latched
-  Air intake open when heating & someone's present
-  If stepping away, partially close the air intake
-  Safe temps: **155° - 195°F** — Use the thermometer & timer
-  Add water slowly to the stones for steam — careful of steam bursts
-  Use only the dry, seasoned wood that is provided
-  Use heat-resistant gloves when adding wood
-  Please don't leave the fire unattended or open

### **Before You Leave:**

- ✔️ Stove door closed & latched
- ✔️ Sauna door fully closed
- ✔️ Nothing touching the stove
- ✔️ Quick floor sweep, if needed

Need help? Text/call Heather:  **802-472-8024**

[www.stonecitytreehouse.com](http://www.stonecitytreehouse.com)

Enjoy the heat & the magic of the forest sauna! 