



Welcome to the sauna

A place for relaxation and calm

Before entering

-  Take a shower and dry yourself well
-  Drink plenty of water
-  We provide a sauna towel. Please sit or lie completely on the towel
-  Swimwear is required in the sauna
-  No alcohol before or during the sauna

A sauna round

-  Stay 8–15 minutes
-  Relax and speak quietly or enjoy the silence
-  Leave immediately if you feel dizzy or unwell

Cooling down

-  Step outside after each session
-  Rest 10–15 minutes in fresh air

-  Repeat 2–3 times

After the sauna

-  Drink water or herbal tea
-  Take time to rest

Sauna etiquette

-  No items allowed inside the sauna, such as phones, music devices, slippers or water bottles
-  Respect peace and quiet
-  Leave the sauna clean

Use of the sauna is at your own responsibility.