



## Highlands End Leisure Club

Swim ~ Sauna ~ Steam

# Sauna Guidance & Safety

70 to 90°C

### Before you enter

- ✓ **Shower First:** Please shower before entering to keep the sauna clean.
- ✓ **Cool Down:** If you have just exercised, wait 10 mins for your body temperature to settle.
- ✓ **Remove Items:** Take off watches, jewellery, glasses, and contact lenses.
- ✓ **Towel Up:** Bring a towel to sit or lie on.

### While inside

- ✓ **Sit on your Towel:** This protects the wood and maintains hygiene.
- ✓ **Keep it Dry:** Do not add water or oils to the heating element.
- ✓ **No Products:** Please do not use scented oils or body lotions.
- ✓ **Watch the Clock:** New Users: 5–10 minutes. Experienced Users: Maximum 15 minutes.

### After your session

- ✓ **Cool Down:** Use the cold shower to cool your body down immediately.
- ✓ **Rinse Off:** Always shower again before entering the pool or steam room.
- ✓ **Hydrate:** Drink plenty of water to replace lost fluids.
- ✓ **Rest:** Take a break of at least 10 minutes before re-entering.

### Feeling unwell?

If you feel dizzy, nauseous, or faint, leave the sauna immediately and consult a member of the team. *(Note: There is an emergency button located outside the sauna).*

### DO NOT use this sauna if:

- ✗ You have consumed alcohol, drugs, or a heavy meal *(within 1.5 hours)*.
- ✗ You are pregnant *(please seek medical advice first)*.
- ✗ You have open sores, wounds or an infectious skin condition.

### Consult your doctor first if you have:

- ✗ Heart conditions, high/low blood pressure, or respiratory conditions.
- ✗ Diabetes (especially with foot damage/neuropathy).
- ✗ History of migraines or conditions that prevent sweating