



Highlands End
Leisure Club

Swim ~ Sauna ~ Steam

SAUNA GUIDE

Guidance

70 to 90°C

- ✓ After exercising, wait 10 minutes before entering the sauna.
- ✓ Please shower before entering the sauna.
- ✓ Remove watches, jewellery glasses & contact lenses.
- ✓ Take a towel to sit or lie on.
- ✓ Please do not add water or oils to the heating element.
- ✓ Drink plenty of water.
- ✓ Do not use any oils (scented or body) in the sauna.
- ✓ We strongly recommend using the sauna for up to 15 minutes at a time. After this a break of at least 10 minutes should be taken.
- ✓ If you are new to using saunas, we recommend a 5-10 minute session.
- ✓ After using the sauna, use the cold shower to cool your body down. Always shower before re-entering the pool, sauna or steam room.
- ✓ Bathing for too long may result in nausea, dizziness or fainting. If at any time you have feeling of illness, leave the sauna and consult with a member of the team. An emergency button is outside the sauna, should it be required.

When not to use the sauna

If you have a serious illness, heart condition, high or low blood pressure, respiratory condition, contagious disease, infectious skin condition, open sores or wounds, an illness causing an inability to perspire, if you're susceptible to migranes, are pregnant (seek medical advice), are diabetic with damaged feet or peripheral neuropathy or have any other medical condition which may affect your reaction to heat.

Also if you have had a heavy meal within one and a half hours, are under the influence of alcohol or drugs, have recently exercised (allow 10 minutes for your body temperature to return to normal). As the body becomes older it becomes less effective at dealing with cardiovascular stress, so elderly people should please bear this in mind.