

Health Risk For Use Of Sauna / Steamroom

You Should Not Use the Sauna or Steamroom:

- If you are Pregnant
- If you have recently exercised
- If you are Dehydrated
- If you have consumed a meal within one and a half hours
- If you have consumed Alcohol
- If you have any Infectious Skin Disease / sores or wounds
- Suffer from Circulatory Problems
- Suffer from Low or High Blood Pressure
- Suffer from Heart Disease
- Suffer from Kidney Disease
- Suffer from an Inability to Perspire
- Suffer from Cardiovascular or Respiratory conditions
- Suffer from Epilepsy
- Suffer from Diabetes
- Suffer from Fainting or Dizziness

Rules For Use of Sauna / Steamroom

- Patrons Must be 18yrs or Over
- Appropriate Swim wear Must be worn
- Patrons Must Shower Before and After use
- Patrons must not use the Sauna or Steamroom for more than 15min
- Patrons are asked Not to Interfere with Thermostat
- Patrons are asked to drink water regularly during use
- Glass Bottles , Razors or any sharp items are not allowed
- Consumption Of Alcohol or Food is not allowed

Guidelines For Use of Sauna / Steamroom

- It is advisable to remove contact lenses
- It is advisable to remove any metals as these may become hot
- It is advisable to sit down upon entering
- It is advisable to relax for 5 - 10 mins to allow the body temperature to raise as the perspiration to cleanse your pores
- It is advisable to take a cold shower when you leave