

SAUNA INSTRUCTIONS



I.
NO SWIMWEAR
OR JEWELLERY
WHEN USING
SAUNA



II. TAKE A
SHOWER BEFORE
ENTERING



III.
WIPE DRY
WITH A
TOWEL



IV.
① SAUNA
8-10 min



V.
WARM
SHOWER

1-2 min



VI.
COLD
SHOWER

5-20s



VII.
REST & HAVE
SOME TEA OR
WATER
10-20 min



VIII.
② SAUNA
10-20 min



IX.
WARM
SHOWER

1-2 min



X.
COLD
SHOWER

5-20s



XI.
REST
10-20 min



XII.
TAKE A
SHOWER

