

## **INFINITE LIGHT CENTER for YOGA and WELLNESS**

### **SAUNA RULES & REGULATIONS**

- Please remove all footwear prior to entering the sauna.
- Your sauna session is private; wear whatever you're comfortable with.
- Please place a towel on the bench before sitting down.
- We recommend that you drink a minimum of 4 oz. of water prior to your sauna and a minimum of 8 oz. of water after your sauna session.
- The timer and temperature will be set for you before your session begins. You can adjust the temperature to your comfort level from inside the sauna.
- The sauna comes with an mp3 hookup and speakers. Feel free to plug in your own device, but be mindful of the sound level, as wellness services are taking place in adjacent rooms.
- Mute your cell phone or turn it off completely before entering the sauna.
- Do not pour water on the sauna heaters. Infrared heaters are intended to provide dry heat therapy.
- The sauna door is made of glass; please handle with care.
- Be mindful of what you bring into the sauna. Water bottles are not permitted inside the sauna, nor are oils, perfumes or other scented products. Some metals can absorb infrared rays and become extremely hot.
- Consult your doctor prior to using the sauna if you have a medical condition or take prescription medications that may decrease your ability to sweat.
- Please keep your voice down at all times.
- When the timer goes off, exit the sauna and take a few moments to re-hydrate and rest before leaving the room. Remember that sauna sessions are booked throughout the day, so please don't stay in the room past your scheduled time.
- Take all personal belongings with you. We are not responsible for items left in the sauna.
- Relax and enjoy the radiant warmth of your infrared experience!