

SAFETY GUIDELINES

GET THE MOST FROM YOUR EXPERIENCE



Wear what you want as long as it is clean (gym or swim gear, shorts and sport bra etc...). Staff will periodically check on users. Please ensure you are suitably clothed.



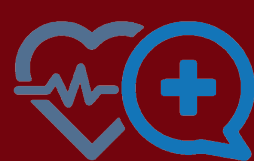
Always shower before using the sauna.



Ensure you keep hydrated by drinking plenty of water before, during, and after your session.



You must always sit/lay on a towel. We suggest draping a towel over your shoulders if you lie against the wall.



If you feel unwell, may be pregnant, take medication, or have a medical condition, you should seek medical advice before using any sauna.

HOW TO SAUNA

1 HEAT THERAPY

The Sauna is preset to 40°C minimum. We recommend a lower temperature (40 – 50°C) for your first session. As your body acclimates to sauna try you may try hotter temperatures (60 – 70°C).

2 DURATION

Start with shorter sessions (15 – 20mins), then work up to longer sessions (30 – 35mins). No longer than 40mins.
You will hear a chime when your session ends. Please leave the doors closed.

3 LIGHT THERAPY

Use the light button to select your preferred light therapy colour. Each spectrum of light penetrates the body in a different way promoting various health benefits.

DISCOVER THE BENEFITS OF INFRARED SAUNA



EXERCISE RECOVERY

Taken before or after workouts, saunas enhance performance and quicken recovery through improved nutrient delivery and reduced glycogen depletion.



RELAXATION & BETTER SLEEP

Saunas boost memory by increasing norepinephrine, and enhance mood and calm through higher endorphins and serotonin, while lower cortisol levels promote stress reduction and better sleep.



IMPROVED MENTAL HEALTH

The calm of a heated environment and deep breathing helps quiet the mind, easing anxiety and depression. This can lead to quick and lasting improvements in emotional and cognitive states.



REDUCED PAIN & INFLAMMATION

Saunas, particularly infrared, are highly effective for reducing pain and inflammation. Their deep heat penetration aids relief from various pains (headaches, muscle, menstrual) while significantly lessening inflammation, discomfort, and fatigue.



CARDIOVASCULAR HEALTH

Regular sauna use can lower blood pressure over time by increasing heart rate and dilating blood vessels, which improves oxygen delivery to cells.



BOOSTED IMMUNE SYSTEM

Saunas enhance your body's natural defenses by increasing vital immune cells like white blood cells, lymphocytes, and neutrophils. This makes your immune system more robust, helping you better resist seasonal illnesses like colds and flu.

We clean the sauna daily, and the carpet mats monthly. Always sit/lay on a towel to keep yourself and the sauna clean. Place water bottles on the floor (never on heaters).