

Sauna Instructions

Our sauna cabin is an excellent addition to the glamping site. It is easy to use and can provide hours of relaxation. We have a few rules to make sure everyone can enjoy the sauna and there's a short section on how to operate the sauna.



If you haven't used a sauna before don't be shy – it is fun and you might enjoy it! Just gives these rules a quick read first!

Safety Rules

- Please don't sauna alone.
- Despite their benefits, saunas may not be appropriate for everyone. You might want to check with your doctor before using a sauna, especially if you have uncontrolled high blood pressure, diabetes, heart failure, abnormal heart rhythm, or unstable angina. If you have any of these health conditions, limit your sauna use to five minutes per visit, and make sure to cool down slowly.
- Check with your doctor if you're pregnant or planning to become pregnant, before using a sauna.
- Don't use a sauna if you take medications which interfere with your body's ability to regulate temperature, or medications which make you drowsy.
- Don't use a sauna if you're ill.
- Drink at least one full glass of water before and after using a sauna, to avoid dehydration.
- Don't drink alcohol before, during, or after sauna use.
- Don't use recreational drugs before, during, or after sauna use.
- Don't eat a large meal prior to using a sauna.
- If you're new to the sauna experience, listen to your body and start slowly (for no more than 5 to 10 minutes per session). You can build up your tolerance for the heat over multiple visits.
- Never let yourself fall asleep in a sauna.
- Exit the sauna if you feel dizzy or ill.
- The Finnish sauna tradition often ends with a plunge in freezing cold water. The lake seems like the perfect place to do this, but we would urge against it. It may be better to let your body temperature return to normal gradually after sauna use to avoid dizziness.
- Saunas temporarily elevate the temperature of the scrotum. If you're a man, this does not mean you can use sauna as a birth control method. However, regular sauna use may temporarily reduce your sperm count, and should be avoided if you're actively attempting to impregnate your partner. You have been warned!

Sauna Etiquette

- Take a quick shower prior to using the sauna.
- Enter and exit quickly. Saunas are airtight, to keep the heat inside. Opening the door releases heat and should be done expeditiously.
- On the continent they have a relaxed approach to attire in the sauna. We'd suggest a modicum of reservation and leaving your shorts on.
- There is a bucket and ladle in the sauna. Add some water to the bucket

- There is a changing area as you enter the sauna – Leave your clothes on the hook.
- Don't sit directly on the bench. Make sure to bring a towel you can sit on and take it with you when you leave.
- If the temperature is too hot or cold for you can adjust the temperature to your personal liking by changing your seat level. You can also adjust the thermostat or add a small amount of water.
- Keep conversation low, and do not employ rowdy behaviour. Saunas are designed for relaxation.
- Do not shave, tweeze, brush your hair, or groom in any way while using the sauna.
- Do not leave litter of any kind behind, such as band aids or bobby pins.



How To Sauna

- Before you enter the sauna, drink one to two glasses of water and rinse off in a shower
- Warm yourself in a dry sauna for up to 10 minutes without adding humidity.
- Exit and rinse off in a second quick shower.
- Allow your body to continue to cool down by drinking something refreshing, such as water.
- Re-enter the sauna for another 10 minutes or so. For this second visit, you can add steam by ladling water onto the sauna rocks. Only use one scoop of water.
- Exit and wash your body thoroughly; cool down again with a glass of water.
- Re-enter the sauna for your final visit of approximately 10 minutes.
- Cool down in a cold outdoor pool or by rolling in snow. You can also use a cool-to-cold indoor shower.
- Lie down and relax for as long as you need to.
- Drink at least one full glass of water, accompanied by a light snack.
- Once your body feels completely cooled down and has stopped perspiring, you can dress and exit the building.

Operating The Sauna

- The sauna has two controls – a timer and a thermostat.
- The thermostat is self explanatory – min for cooler, max for hotter. We would recommend a cautious half way!
- The timer is in two parts – section A is the number of hours the heat will be on for, section B is the number of hours until to sauna starts heating.
 - For quickest heating turn the dial just in section A.
 - If you are planning a walk (say for approximately 2.5 hours) and want to sauna when you get back turn the dial to the 2 in section B. This will count down for two hours then start the heater.
- Once the timer/thermostat is set close the door and give it 15-30mins to heat.
- When you are using the sauna you can add some water to the sauna stones using the ladle provided. Please only add one or two ladles at a time.

