

Toad hall lodges Sauna guidelines

To make sure you have a safe enjoyable experience, please read the following guidelines carefully before entering the sauna.

Before using this Sauna please -

1. Remove clothing jewellery, shoes and socks **please do not take the robes we provide in the sauna**
2. Make sure you bring a towel to sit on
3. Remove contact lenses and glasses (lenses will dry out and glasses will get hot)
4. Remove makeup
5. Don't take in any mobile devices like your phone because the extreme temperature will break it

You should **NOT** use the sauna if you -

- *Have a serious illness or have a heart condition, high or low blood pressure, a respiratory condition or any other medical condition which may affect your reaction to heat
- * Are taking medication for any of the above conditions or of which you are unsure of the visability of using saunas
- * Are elderly and frail. As the body becomes older it becomes less efficient at dealing with the cardiovascular stress.
- * Pregnant
- * Under 16 years old
- * Susceptible to migraines
- * Suffer with Diabetes
- * Have a contagious disease infectious skin condition open sores or wounds
- * Have an illness causing inability to perspire
- * Have consumed a heavy meal within 1.5 hours
- * Under the influence of drink or drugs
- * Have recently exercised. You should allow your body temperature to return to normal.

Inside the sauna

Make sure you're with another person

Drink plenty of water

step outside if you feel lightheaded nauseous or dizzy

Sit or lay on a towel

Please do not touch the wood burner

How hot will the sauna be?

This Sauna is heated by a wood burning stove so the temperature will fluctuate depending on how much wood is burning. Target temperature is 80 - 95 oc. Please be aware of how you're feeling and how your body responds to the heat.

What do I wear?

We strongly recommend you wear swimwear. Always remove any other clothing, socks and shoes. Please ensure you always sit on a towel and take your towel when you leave.

How do I adjust the temperature?

- Add one more log but please use the glove provided because the stove door handle is hot
- splash a small amount of water on the hot rocks using the ladle from the bucket. Please be respectful of any other guests because the temperature can rise very quickly.

To reduce the temperature?

- Stop adding wood and close the drawer underneath the woodburn, This will make the wood burn slower.
- Open the sauna door slightly
- You can always step outside for a few minutes before returning
- Use the ice bath to regulate your temperature

How long should I spend in the sauna?

The sauna is not an endurance test so we recommend no more than 15 minutes at a time.