



SAUNA/STEAM ROOM DRESS CODE

APPROPRIATE



UPPER BODY WEAR
SWIM WEAR, T-SHIRT,
TANK TOP, OR SPORTS BRA



LOWER BODY WEAR
SWIM WEAR, SHORTS, OR
WORKOUT CAPRIS/LEGGINGS



FOOTWEAR
FLIP FLOPS OR SLIDES



UPPER BODY WEAR
SWEATSHIRTS, JACKETS



LOWER BODY WEAR
JEANS, SWEATPANTS



FOOTWEAR
SOCKS AND CLOSED-TOED SHOES

SAUNA/STEAM ROOM RULES



SOAP, SHAMPOO,
CONDITIONER,
AND SHAVING ARE
NOT ALLOWED.



LIMIT USAGE
TO 10
MINUTES.



DO NOT LIE DOWN OR
DO STRENUOUS OR
AEROBIC ACTIVITIES.



NO JEWELRY



ESSENTIAL OILS
(PEPPERMINT, MENTHOL, ETC.)
AND LIKE PRODUCTS
ARE PROHIBITED.

DO NOT USE THE SAUNA IF YOU HAVE/ARE:

1. HEART DISEASE
2. DIABETES
3. HIGH OR LOW BLOOD PRESSURE
4. CIRCULATORY PROBLEMS
5. RESPIRATORY PROBLEMS
6. SEIZURES
7. EPILEPSY
8. PREGNANT
9. TAKING CERTAIN PRESCRIPTION MEDICATIONS. CHECK WITH YOUR DOCTOR IF YOU ARE UNSURE.
10. UNDER THE INFLUENCE OF ALCOHOL AND/OR ILLEGAL DRUGS