Sauna Safety & Health Guide

It is important to follow certain sauna safety and health guidelines every time you visit a sauna.

1. Never wear any jewellery in a sauna, and make sure your swimsuit does not contain any slimming panels or metal parts. The metal may heat up and possibly burn the skin.
2. Never wear any creams or lotions. They not only will run with your sweat and make an oily mess, but also, they will clog up your pores and keep your skin from breathing and sweating.
3. Bring a clean cotton towel to sit on. This will help keep you clean, as well as protect the benches from body oils.
4. Protect hair with a towel or turban, regardless of its length. The intense heat can dry out the hair shafts, causing the hair to be brittle and possibly break off.
5. Do not eat before you take a sauna as you could become nauseated.
6. Never eat in the sauna or drink alcoholic beverages. Drinking alcohol can possibly lower blood pressure and cause dizziness.
7. Be very careful when moving in the Sauna, as the benches and floors may be slippery.
8. Never throw water on the stones when there are people near the stove, because hot steam may burn their skin.
9. After leaving the sauna, step into cooler air, a swimming pool or a cold shower to cool down.
10. Alternate between the hot and cold to get the most out of a sauna experience.
11. To prevent your body from dehydration, drink plenty of cool water—between 2 to 4 glasses—after leaving the sauna.
12. Follow up with a shower, but skip on the soap. Start off using warm water. Once the sweat is all gone, lower the temperature to a pleasantly cool one. This will help your body cool down further.
13. If you must use soap, go for a mild, natural soap. Saunas cause your pores to open up, and harsh soaps can irritate your skin.
14. Moisturize your skin after you use the sauna. Your skin can quickly become dry when it hits the air again.
15. Stick to moderate temperatures of around 70°C and attain the best health effects from the sauna.
16. Do not stay in the sauna for longer than 15 to 20 minutes. It's okay to get out sooner if you start to feel uncomfortable. The human body is not made to withstand such high temperatures for long periods of time.
17. Leave the sauna immediately if you start to feel dizzy, nauseous, or lightheaded.
18. Do not leave children or disabled people without supervision in a sauna. Sauna is strictly forbidden for babies and not recommended for younger kids.
19. Do not leave the sauna unattended, if you use the wood-burning heater.
20. Do not hang clothes to dry in the Sauna, as this may cause a fire risk.
21. Rest for at least ten minutes after getting out of the sauna. Don't jump straight to your next work out. Instead, find a cool place where you can sit still or lay down. This will give your body some time to recuperate and your heart rate to slow down.