

## SAUNA INSTRUCTIONS FOR CHILDREN

Do not wear lotions or perfumes into the sauna as they inhibit sweating. Please do not touch the untreated wood. Use the towels to wipe sweat as you perspire. If you want to lean back, put a towel behind you. Enjoy!

1. Drink a glass of water before getting into the sauna
2. Begin the first session by setting the temperature to 100\*, get into the sauna at 98\* and leave the door open. Stay in the sauna for 10 minutes
3. Drink water during the sauna and after.
4. The next session start at 105\* and for 10 minutes with the door shut.
5. Add 2 minutes the next day
6. Add 2\* the next time.
7. Alternate adding degrees or minutes each visit until the sauna temperature is at 115-120\* max for children.
8. The maximum time in the sauna is 30 minutes.
9. **You will always get in at 98\* and count that as part of your total time.**