

Welcome to Stone City Sauna!

Be sure to watch our instructional video that was sent to you via the Airbnb App! If you need it resent, just let us know!

Safety:

- Children ages five and under are not permitted in the sauna.
- Children between the ages of six and 16 must be accompanied by an adult in the sauna at all times.
- Allow yourself at least five minutes after exercising to cool down before entering the sauna.
- Pregnant women and persons suffering from heart disease, diabetes, high or low blood pressure, circulatory or respiratory problems, seizures or epilepsy should not enter the sauna without prior medical consultation.
- Do not use the sauna while under the influence of any type of alcohol, drugs, anticoagulants, antihistamines, vasoconstrictor, vasodilators, stimulants, hypnotics, narcotics or tranquilizers.
- Participants are required to bring a towel to sit on when using the sauna.
- Remove all metal jewelry prior to entering the sauna.
- The surface of the rocks, stove, and surrounding area can be extremely hot. Exercise caution.
- Prolonged use of sauna not recommended due to fatiguing effects. Limit yourself to a maximum of 15 minutes.
- Do not smoke, vape, eat or drink beverages (except for water) in the sauna room.
- Leave the sauna immediately if you experience any nausea, dizziness, hot flashes, cold chills, headaches or other discomfort.
- Drink plenty of fluids before and after leaving the sauna.
- Do not use the sauna to dry clothes, swimsuits or towels or place materials near the stove.
- Fire extinguisher is inside of the bottom bench – lift up the lid of the bench.

Woodstove and Sauna Operation:

- Put paper on the bottom, dry kindling, then hardwood on top.
- Open the sauna door slowly when in operation so smoke doesn't get pulled out of the stove.
- Keep the door of the woodstove closed and latched
- Leave the air intake on the front door open while you're heating it up and someone is present.
- If you step away from the stove, partially close the air intake on the front door so no sparks fly out
- Safe sauna temps are between 155-195 degrees. There is a thermometer and a timer to help guide your safe use of the sauna. Adjust the temperature to your comfort level and stay hydrated.
- Quality Firewood: Use only dry, well-seasoned firewood to ensure a clean burn and minimize smoke production.
- Controlled Fire: Do not overload the firebox with wood, and adjust the damper to maintain a steady heat level.
- Protective Gear: Wear heat-resistant gloves when adding wood to the fire.
- Supervision: Never leave a burning fire unattended.
- Temperature Monitoring: Regularly check the sauna temperature and avoid exceeding the recommended range.
- Water Handling: When adding water to the sauna stones, use caution and pour slowly to avoid excessive steam.
- **Be sure that everything is closed up when you're done** – the stove door should be closed and latched and be sure nothing is touching the stove. Close the sauna door fully.
- Give the floor a quick sweep, if needed.

If repair or assistance is needed, contact Heather at 802-472-8024

www.stonecitytreehouse.com