



# Sea Palms

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TO: Sea Palms Owners, Renters, and Guest

FR: Sea Palms Association

DA: April 3, 2017

RE: Pool area saunas

The saunas have passed all the required county inspections and are now open for all to enjoy.

## **The 9 rules of sauna safety**

- 1) Don't stay in too long. **15 to 20 minutes** at a time is generally considered the max. The length of time the body can tolerate will vary from person to person. If you are sensitive to heat, start off with a short stay.
- 2) **Rest** for at least ten minutes afterward. Let your body recuperate.
- 3) **Rehydrate**. Drink plenty of water before and after. You may want to eat something salty afterward if you've sweat a lot.
- 4) Consider the **Buddy System**. Going into the sauna with a friend or family member isn't a bad idea so that if problems do occur, someone has your back.
- 5) **Cool down** – there is a long Finnish tradition of going straight from the sauna into the snow. For a less extreme way to cool your body down, take a cold shower. Bonus: this also removes any impurities that your body has eliminated and prevents their reabsorption.
- 6) The heat of a sauna makes the **heart** work harder. Avoid the sauna if you have heart problems.
- 7) **Never drink alcohol** in the sauna and don't go in right after a large meal or strenuous exercise.
- 8) Know that **saunas can burn** – too much time in the sauna at a too high temperature can lead to blistering. If your skin starts to sting, get out. The average sauna temperature is about 85C though it can range anywhere between 60C and 110C.
- 9) If you start to feel dizzy, nauseous or have a headache, **leave immediately** – there is no point in taxing the body to extremes – especially not in the name of wellness. Moderation is key.