

SAUNA INSTRUCTIONS

1

If you have a private sauna turn, remember to lock the dressing room door. If you are using a shared sauna, do not lock the door so that everyone can enter.

2

Shower before entering the sauna.

3

Finns often sauna naked, but you can also wear a towel or a swimsuit.

4

Always use a sauna seat cover, towel, or cloth to sit on. This keeps the benches hygienic for everyone.

5

In the sauna, water is thrown onto the stove to create steam. If you are in a shared sauna, ask others for permission before doing so.

6

You can cool down in the shower or dressing room if needed.

7

Always close the sauna door behind you to keep the heat inside for the next user (this also saves energy).

8

When your sauna turn is ending, make sure to wash up in time.

9

Do not waste water unnecessarily, and remember to wipe the floors dry.

10

Clean up after yourself and take your trash with you. This keeps the sauna facilities pleasant and clean for everyone.

ALSO REMEMBER



Report any malfunctions or issues with the sauna stove via the fault report form on our website [kuopas.fi](https://www.kuopas.fi).



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