

RC SAUNA RULES & INSTRUCTIONS

USE SAUNA AT YOUR OWN RISK

PLEASE CONSULT YOUR PHYSICIAN PRIOR TO USING SAUNA IF YOU HAVE ANY MEDICAL CONDITIONS

MAX. RECOMMENDED TIME 15-20 MINUTES. IF YOU FEEL FAINT OR DIZZY, LEAVE SAUNA IMMEDIATELY.

PROPER ATTIRE SHOULD BE WORN; BATHING SUIT REQUIRED AT ALL TIMES

PLEASE PLACE A TOWEL ON THE BENCH WHERE YOU ARE SITTING OR LYING

AS A COURTESY TO OTHER USERS, PLEASE DO NOT LEAVE THE DOOR OPEN.

TO TURN ON, PRESS **ON/OFF ON THE CONTROL PAD. THE RED INDICATOR LIGHT NEXT TO **ON/OFF** WILL COME ON WHEN SAUNA IS ON.**

PRESS **TEMP AND USE **UP/DOWN ARROWS** TO SET DESIRED TEMPERATURE IN FLASHING NUMBERS (RECOMMENDED: **120-180 F**).**

SAUNA TAKES APPROXIMATELY **15 MINUTES TO HEAT UP FULLY.**

YOU MAY ADD MINIMAL WATER TO THE HOT ROCKS. MAXIMUM: 1/2 LADLE-FULL AT A TIME, RECOMMENDED EVERY 5 MINUTES . DO NOT DUMP BUCKET ON THE ROCKS.

IF YOU ARE THE LAST PERSON, PLEASE TURN OFF THE SAUNA BY PRESSING **ON/OFF, AND MAKING SURE THE RED INDICATOR LIGHT HAS TURNED OFF.**