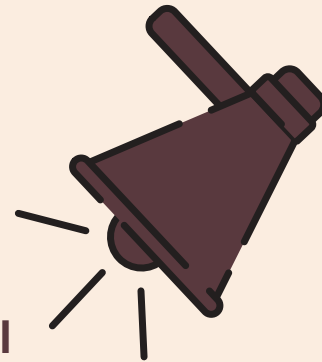


# SAFETY INSTRUCTIONS



1. **Exercise care when entering or exiting the sauna.**
2. **Never sleep inside the sauna while the unit is in full operation.**
3. **To safeguard against burns, do not touch heaters or lamps directly.**
4. **Do not use sauna immediately following strenuous exercise. Wait at least 15 minutes to allow the body to cool down.**
5. **Excessive temperatures have a high potential for causing fetal damage during the early months of pregnancy. Pregnant or possibly pregnant women should contact their physician prior to using the sauna.**
6. **The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.**
7. **Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior to using the sauna.**
8. **Persons using medications should consult a physician before using the sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure and circulation.**
9. **Hyperthermia Danger: Prolonged exposure to hot air will induce hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6F. While hyperthermia has many health benefits, it is important not to allow your bodys core temperature to rise above 103F. Symptoms of excessive hyperthermia may include failure to perceive heat, failure to recognize the need to exit, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the sauna, and unconsciousness.**