

## **Campwell Sauna Etiquette**

We are sure that you are all considerate people but just some polite reminders and information for any of you who have never used a sauna.

Shower before your session especially if you have just been exercising.

Wear swimwear, you may be wonderfully comfortable without it but others may not be quite ready to see you in your birthday suit.

Bring a towel, it will protect your body from the heated surface of the bench and protect the bench from sweat, which helps keep the sauna more hygienic and easier to clean for the next session.

Saunas can be a great place to connect with others, please take into consideration the vibe of your session as some people prefer soft talking and periods of silence. With that in mind don't bring your mobile phone or a speaker into the sauna.

Pouring water over the rocks creates a pleasant steam effect that quickly heats up the room, one ladle of water every 20 minutes should suffice but please always ask your fellow sauna users before pouring water over the rocks, not everyone may welcome the extra heat and steam.

It's also considerate to make a quiet entrance and exit.

Thanks for reading.