

Important Information Before Your Sauna Session

1. You must bring your own towel to sit on while in the sauna.
2. The only beverage allowed in the sauna is water in a bottle with a lid on it.
3. The sauna is in a dedicated room, so you can quickly change and hop right in.
4. In order to clean and tidy the sauna room between sessions and to be respectful of everybody's schedule, sessions are strictly timed; if you are late, you will lose some of your sauna time. You must be out of the room 5 minutes before the ½ hour or hour allotted for your 20- or 40-minute session. This means that for a 40-minute session you have 15 extra minutes to use before / after your session to organize yourself. For a 20-minute session you have 5 extra minutes to use before / after your session to organize yourself.
5. The sauna is sold in sessions, so you may split a session with up to three additional friends. YB will not split payments for sessions or sell packages to groups.
6. EVERY PERSON who uses the sauna must print out and submit a waiver. Do this before your first session so that you don't lose sauna time!
7. You may listen to music from your phone by pairing to "Sunlighten" using Bluetooth (the radio must be ON and will say BT to indicate a successful pairing).
8. On the touchscreen in the sauna, "Home" shows you the temperature and how much time is left. "Health Program" allows you to choose a specific program and shows you the benefits of each program.