Toiora FINNISH SAUNA Rules & Instructions

**Enter the sauna clean**

**NO shoes NO togs in the sauna**

**Sweat onto your own towel while in the sauna**

1. In laundry, turn the SAUNA **circuit breaker on** (flick up)
2. Pick up the key, **unlock the sauna**, secure the latch in open position with the padlock and leave key in the sauna.
3. Turn the **sauna heater timer to 1** (sauna will be hot in 1 to 1.5 hours, about 80°C under the ceiling and 30°C above the floor)

The Sauna Bath:

1. **Turn the water on** at container for the shower
2. **Turn the light on** for the sauna
3. Put **bathmat** on the duckboard inside the sauna
4. Head into the sauna with your towel and relax (remember to sit/lie on your own towel). It is a little cooler on the lower bench. At any time you may want to put a ladle full of water onto the stove’s rocks to create brief hot steam. After 7 to 15 minutes you will want to get out
5. Have a **cold shower**
6. Dry yourself and sit on the **outside bench to cool down**, this might take 10 to 20 minutes. You might want a glass of water

Repeat 7 to 9

Repeat 7 & 8

1. After this third shower, dry yourself
2. Turn **sauna timer OFF**
3. **Hang bathmat** over the top bench
4. **Lock sauna** with padlock
5. Turn **sauna light off**
6. Turn **water off** at container
7. In laundry, turn SAUNA **circuit breaker off** (flick down)
8. Hang **key on hook**

Go home, get dressed when you don’t feel hot any longer, and have lots of fluid. Finns think beer is best… ☺