

# The Sauna

## *Relax in 84°*

**Clubs  
& Socs  
OUSA**

**Welcome! You'll find the sauna on Level 3 of the OUSA Clubs & Societies Building, set to a relaxing 84°C and able to host up to 8 people per session.**

### **A few quick things to know before you start:**

#### **Check-in**

Please pay for your session before it begins, either online or at reception. When you arrive, reception will swap a valid photo ID for the sauna key. Students will need to show their student ID to receive the student rate.

#### **Session times**

Bookings are 1 hour total – 45 minutes in the sauna and 15 minutes to cool down, change, and return the key. Please arrive and leave on time.

**Bring your own towel, water bottle, and swimwear. Towels also can be hired for \$1 at reception.**

#### **Shared space**

The sauna and changing area are shared, so please be respectful of others.

Nudity is not permitted during shared sessions.

There are male and female changing areas, bathrooms and showers located on Level 2 (just before you head up to the sauna). Lockers in male and female changing area can be hired at reception.



**A water fountain is located in the sauna area.**

#### **Sauna safety**

- Stay hydrated and take breaks if needed.
- No alcohol or glass bottles.
- The large red button inside the sauna is for emergencies only.
- The sauna is not recommended for pregnant people
- sauna users must be aged 16+.

#### **Essential Oils for Aroma Therapy**

Adding essential oils to the water you pour over the hot stones can enhance your sauna experience. Not only do they smell great, but different oils can also create different effects – for example eucalyptus can feel refreshing and help clear the airways, lavender is calming and relaxing, and peppermint can feel cooling and invigorating.

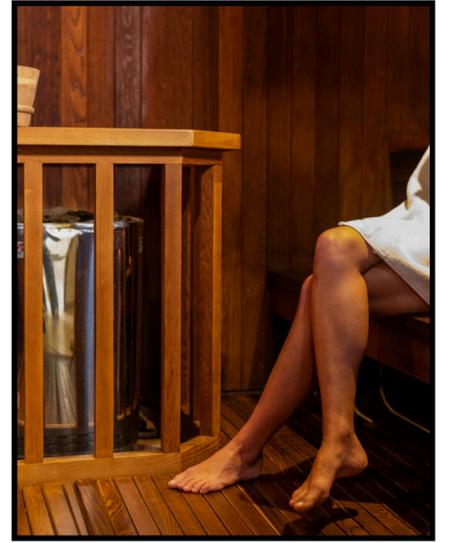
- Please check with others before using oils.
- Only use 100% pure essential oils (no scented or diffuser oils).
- Add a few drops to water on the wooden spoon, then pour onto the stones.
- Never pour oil directly onto the stones – fire risk.

**Please treat the space with care and follow staff instructions. Lost keys or damage may incur replacement costs. The sauna changing area may get wet, so please take care.**

**Relax, take a breath, and enjoy the sauna.**



# How to Sauna



## 1. Hydrate before entering the sauna

Drink plenty of water before your sauna session to ensure you are well-hydrated.

## 2. Dress appropriately (wear swimwear)

In most sauna cultures, nudity or minimal clothing is the norm. Wearing a towel or going naked is often preferred to allow the heat to penetrate the skin and maximize the benefits of the sauna. Remember, no nudity unless you book a private session. Avoid wearing gym clothes or tightly fitting garments as they can hinder proper heat circulation and may trap sweat.

## 3. Remove accessories and jewelry

Take off any jewelry, watches, or other accessories as they can become hot and uncomfortable in the sauna.

## 4. Take a quick shower

Cleanse your body with a quick shower to remove any dirt, oils, or lotions that may hinder sweating and clog your pores.

## 5. Place a towel on the bench

Use a clean towel or a sauna mat to create a barrier between your skin and the hot surface of the bench. This helps absorb sweat and prevents direct contact with the hot wood.

## 6. Respect others' personal space

Saunas are usually quiet places for relaxation. Respect the privacy and personal space of others using the sauna. If you want to have a conversation, keep it at a low volume to maintain a serene atmosphere.

## 7. Enjoy the heat for 10-15 minutes

Allow yourself to relax and unwind. Take slow, deep breaths to help your body adjust to the heat. Start with a session duration of around 10-15 minutes if you are new to saunas and gradually increase it as you become more comfortable. Remember that the higher you sit in the sauna, the hotter it tends to be.

## 8. Optional: Pour water on the hot stones to create steam.

### It is not common to pour water directly onto yourself in the sauna.

Be mindful that the steam can make the sauna feel hotter and more intense. Exercise caution and moderation to avoid discomfort or overheating.

## 9. Shower to lower your body temperature afterward

After your sauna session, take a cool shower to lower your body temperature and close your pores. This helps to refresh and rejuvenate your body.

## 10. Take short breaks outside the sauna and hydrate

Step out into a cooler area, drink water or a hydrating beverage, and allow your body to cool off before returning for another session. The duration of these breaks can vary, but typically 5-10 minutes is sufficient.

## 11. Repeat the sauna cycle if desired

If you wish to continue, return to the sauna and repeat the cycle of heat, cold (shower), and breaks according to your preference. It is generally recommended not to exceed more than three sauna cycles to avoid dehydration or discomfort.

## 12. Take it easy after the sauna session

After your sauna session, give your body some time to cool down naturally. Embrace the calming effects of your sauna session and allow yourself to unwind and rejuvenate.