

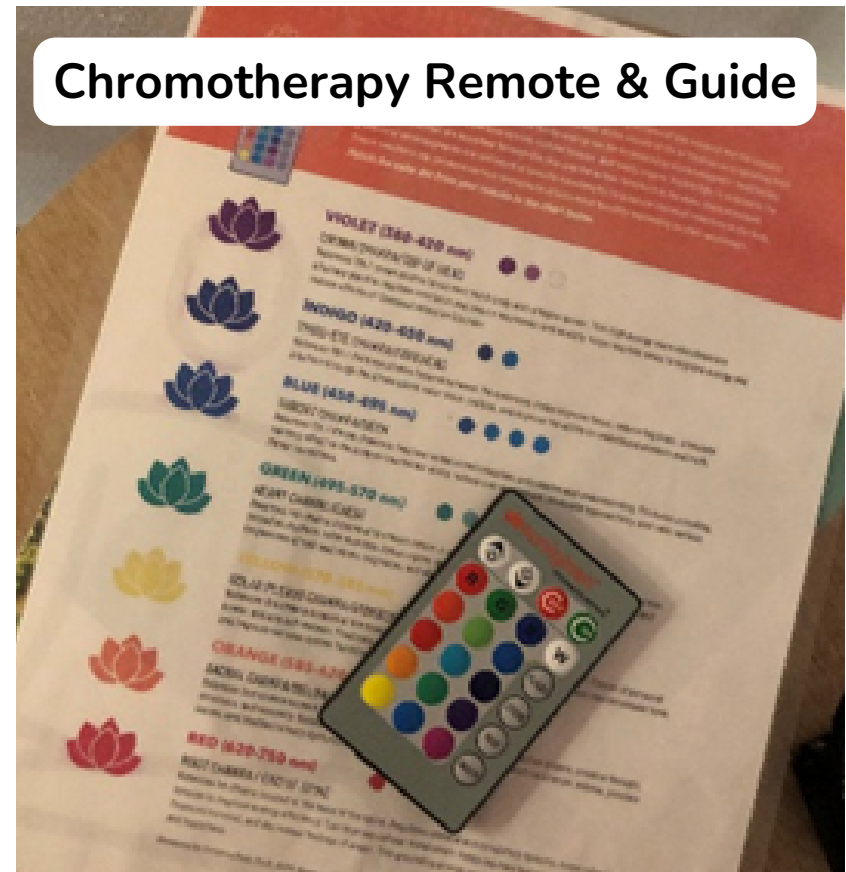
Welcome to our Infrared Sauna!

BEFORE starting your session:

- Place a towel down over the seat cushion.
You can also place a towel over the backrest if desired.
- Modify light settings if desired using chromotherapy remote & guide.

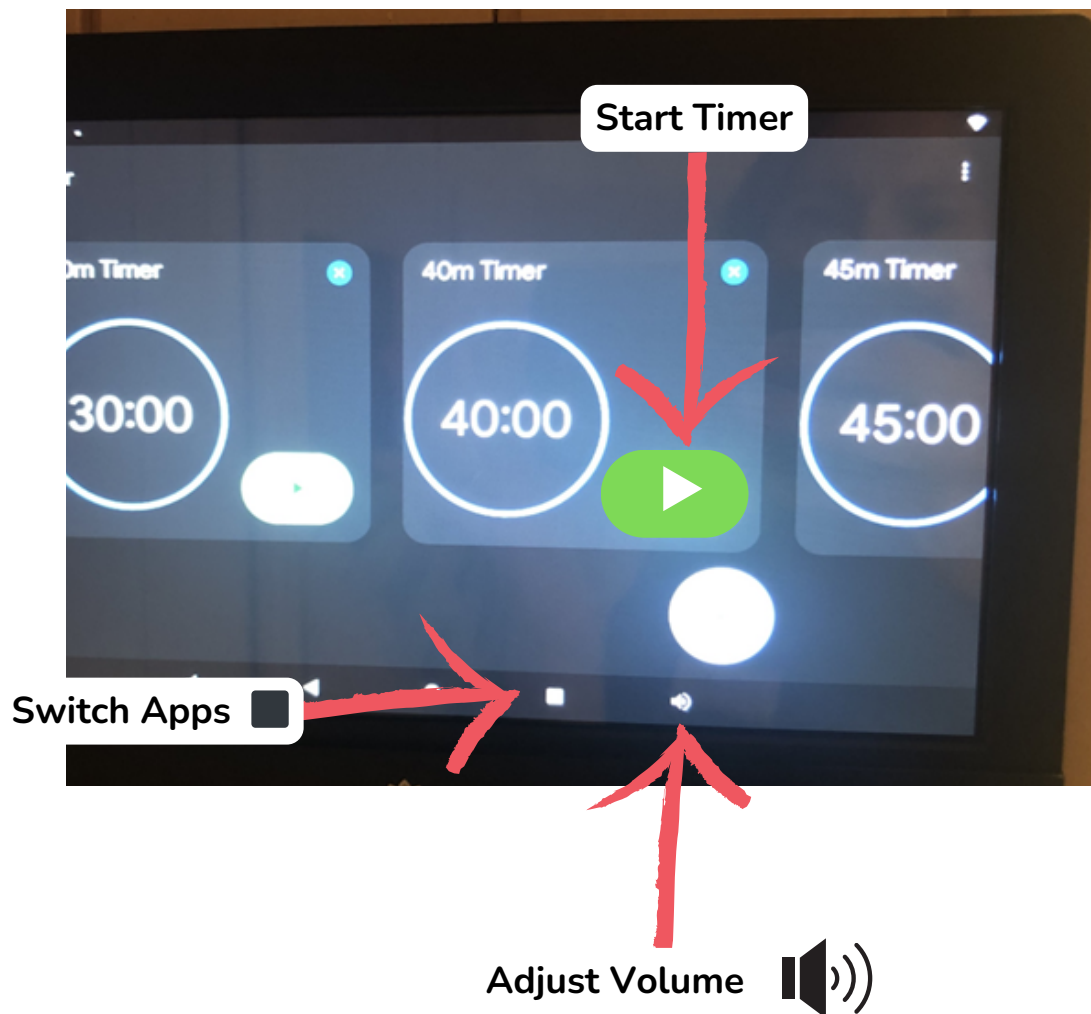
Questions?

**Text the front desk
at 712.458.6900.**



When you're ready to begin your session:

- Start desired timer by pushing corresponding green ► icon. NOTE: Your sauna session can range from 30 to 45 minutes depending on your desired length.
- NOTE: You are allotted 1 hour for your session. If you booked a session for 8:30, you are allotted from 8:30 – 9:30. If you arrive LATE to your session, please adjust your sauna session time accordingly unless otherwise arranged with us.




AFTER your sauna session:

- Place used towels in the hamper.
- Keep sauna door closed.
- Leave door to room open.

Apps available for use:

Pandora – music



Toggle between apps by selecting the  at the bottom of the screen.