

Waynesville Recreation Center (Sauna Rules)

Waynesville Recreation Center (sauna):

- You must be at least age 16
- No more than 15 minutes per session
- Bathing suits or gym clothes are required
- Shower before entering sauna
- Do not wear jewelry nor enter immediately after eating
- Essential oils are not allowed
- You must obtain permission to use from your physician if you have high blood pressure, diabetes, pregnant, heart disease or under prescription medication
- You may not use if you are under the influence of drugs or alcohol
- No grooming or working out in the sauna
- Street shoes are not allowed
- You cannot exceed 30 minutes in the sauna