

# Infrared Sauna Regulations & Warnings

\*Excessive exposure may be harmful to health

\*Elderly & persons with health conditions requiring medical care should consult physician before entering sauna

\*Maximum recommended time is 30 minutes

\*Persons who are under the influence of alcohol &/or drugs are prohibited from the sauna

\* If you are pregnant, refrain from use

\* No one under the age of 18

\*No food, liquids or gum in the sauna

- Please keep your electronic devices outside of the infrared sauna Hello Beautiful is not responsible for any damages.



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