

Clean sauna bathing during an epidemic

Sauna Bather's Checklist

Clean sauna is an enjoyable and memorable experience and good for everyone's health. The cleanliness of the experience is now taken care of with extra precautions, and customers' participation in keeping the sauna area clean is as important as the staff's to make sure that everybody stays healthy.

Please follow the following instructions when sauna bathing:

You're welcomed to enjoy the saunas, but please do so only if you feel completely healthy.



Wash your hands carefully and correctly with soap as soon as you arrive and before entering the washroom and sauna area.



Avoid touching your face after touching contact surfaces such as the shower, handles, and hand rails.



Remember to cover your cough with your arm or a tissue. Wash your hands after blowing your nose.



Keep a safe distance to the staff and other customers.



Pay attention to other guidelines of the sauna, such as instructions regarding the use of a seat cover.



Ask more information from the staff—they are happy to help you!

This checklist is written by Sauna from Finland. The original checklist was written Finnish in cooperation with a Finnish cleaning expert association SSTL Puhtausala ry.



Sauna from Finland is the world's leading Finnish sauna expert and a network of sauna and wellbeing companies. The association promotes the authentic Finnish sauna internationally and helps companies and private clients to create the best Finnish sauna experiences to hotels, spas, health clubs, public saunas, and homes.

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