



Sauna Guide

Luxury Redwood Outdoor Summit 6-Person Outdoor Sauna
lynxresort-WPB · West Palm Beach, FL
www.lynxresort.com

Step into restorative heat and pure relaxation. The Summit Outdoor Sauna is the centerpiece of your wellness experience at lynx resort-WPB — where ancient Scandinavian tradition meets modern luxury. Built from sustainably sourced Thermowood hemlock and powered by a Harvia KIP electric heater, this 6-person retreat is yours to enjoy. Sweat, breathe, recover, and emerge renewed.

Capacity	Up to 6 Guests	Heater	Harvia KIP Electric
Heat-up	30 – 45 Min	Electrical	240V Circuit
Max Temp	~185°F / 85°C	Wood	Thermowood Hemlock
Benches	Upper + Lower	Steam	Yes — Ladle & Bucket

SAFETY FIRST

Please read carefully before your first session



Stay Hydrated

Drink at least 16 oz of water BEFORE entering. Keep water nearby throughout. Avoid alcohol before or during sauna use.



Limit Session Length

Keep each session to 15–20 minutes maximum. Take a 10-minute cool-down break between rounds. Exit if uncomfortable.



Never Lock the Door

The sauna door must remain unlocked at all times. Exit immediately if dizzy, lightheaded, or nauseous.



Stay Clear of Heater

Never touch heater rocks, elements, or metal surfaces. Keep all towels and items away from the heater at all times.



Children & Health Conditions

Children under 12 must not use the sauna unsupervised. Consult a physician if pregnant or have heart/blood pressure conditions.



No Glass Inside

Use only plastic or metal cups and bottles inside the sauna. No glass containers — for everyone's safety.

Your wellbeing is our priority. If anything feels off — stop, exit, hydrate. Message host Megan via Airbnb if you need assistance.

STEP-BY-STEP OPERATING GUIDE

Follow these 7 steps for the perfect session

STEP
1

Prepare & Inspect



Before turning anything on, do a quick check:

- Confirm the **heater stones** are neatly stacked
- Leave the glass door **closed but unlocked** during your session

STEP
2

Turn On the Harvia KIP Heater



The control panel is on the interior wall near the door — two manual dials:

LEFT dial — Thermostat:

Turn up away from minimum first. Heater will **NOT** heat at min position.

Beginners: **140–150°F** · Experienced: **160–175°F**

RIGHT dial — Timer:

Turn past the large “1” toward small numbers, then back to “1” until you hear a “Clunk”. Heater runs 1 hr and auto shuts off.

To add more time: repeat the same motion (past “1”, back to “1” — Clunk).

IMPORTANT: Always set the timer — never leave the heater on unattended. Turn both dials fully back to 0 when done.

STEP
3

Wait for the Sauna to Heat Up (30–45 min)



Close the sauna door and allow **30–45 minutes** to reach temperature. Use this time to hydrate, stretch, or relax outside. The sauna is ready when it reads your target temperature.

STEP
4

Enter the Sauna & Find Your Spot



Enter calmly. Choose your bench level:

Upper Bench — Hotter (heat rises). Great for experienced users.

Lower Bench — Cooler and gentler. Perfect for first-timers.

Always lay your **towel down first** before sitting on the wood. Aim for **10–20 minute** rounds.

STEP
5

Create Steam (Löyly)



Use the **wooden ladle and bucket** provided:

1. Scoop a **small ladleful** (2–3 oz) from the bucket
2. Pour it **slowly** over the center of the heater rocks
3. A rush of steam fills the room — instantly boosting humidity
4. Repeat every few minutes as desired

Pro tip: Add 2–3 drops of eucalyptus or cedarwood oil to the water.

CAUTION: Pour slowly — never dump large amounts at once. Too much water too fast can damage the heater stones.

STEP
6

Cool Down & Restore

After each round, step outside for **5–10 minutes**. Drink water or electrolytes. For the ultimate wellness circuit, follow the sauna with the **Cold Plunge** — the thermal contrast boosts circulation and feels incredible. Repeat the full cycle **2–3 times** for a complete spa ritual.

STEP
7

Shut Down & Leave It Ready



- When your session is complete:
1. Turn the **temperature dial** back to **0 (OFF)**
 2. Turn the **timer dial** back to **0 (OFF)**
 3. Leave the sauna door **slightly ajar** to air it out
 4. Empty and rinse the water bucket
 5. Return used towels to the laundry area inside

WELLNESS TIPS — Elevate Your Experience

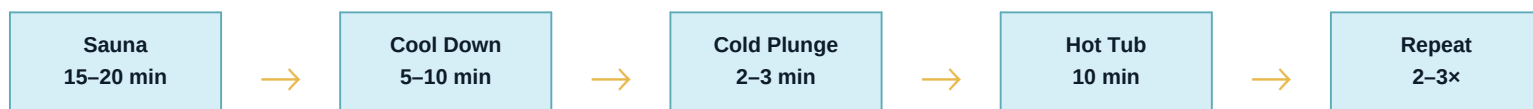
■ Sauna + Cold Plunge 15 min sauna → 2 min cold plunge → rest. Repeat 2–3 rounds. The ultimate recovery ritual.	■ Hydrate Constantly Bring a large water bottle. Sip between rounds. Coconut water or electrolytes work great.	■ Aromatherapy Eucalyptus, lavender, or pine oil in the steam water creates an instant spa atmosphere.
■ Breathe Deeply Slow, deep nasal breathing maximises heat therapy benefits. Close your eyes and let go.	■ ■ First-Timer? Start on the lower bench at 140°F. Build your tolerance gradually over multiple sessions.	■ Best Time to Sauna Evening sessions are magical. Sauna → cold plunge → hot tub → deep, restful sleep.

QUICK REFERENCE — AT A GLANCE

Everything you need in 60 seconds

STEP 1	PREPARE Check stones stacked · Leave door closed but unlocked
STEP 2	SET THE HEATER Left dial = Thermostat · Right dial = Timer (1 hr)
STEP 3	Close door · Hydrate while you wait
STEP 4	ENTER & SIT Upper bench = hotter · Lower bench = cooler · Always sit on a towel
STEP 5	ADD STEAM Ladle 2–3 oz slowly over heater rocks · Add essential oil for aromatherapy
STEP 6	COOL DOWN 10 min break outside · Drink water · Try the Cold Plunge!
STEP 7	SHUT DOWN Both dials to 0 · Leave door slightly ajar · Empty bucket · Return towels

THE WELLNESS CIRCUIT — Pair the sauna with these amenities for the ultimate experience:

**NEED
HELP?**

Message your host **Megan** anytime via the Airbnb app.
 Listing: airbnb.com/h/lynx-wpb · Website: www.lynxresort.com
 We hope your sauna session is the highlight of your stay. Enjoy! ■