

# PROPER SAFETY & CARE FOR SHARED VAGINAL STEAM SAUNAS

*How to keep your clients safe in the spa setting or mobile spa service*

## *Safety & Ethical Recommendations*

1. Dedicate using one sauna to women who suffer from infections
2. Informed consent- be transparent with clients about what type of infections the sauna has been exposed to
3. Educate clients about cleaning procedures
4. Have multiple saunas to allow proper time for natural cleaning products to be effective
5. Use a non-toxic lacquer to protect and seal the wood from absorbing bacteria
6. Offer Sauna V chairs for women who feel more comfortable having their own seat