



BACKWOODS SAUNA CO.

AROMATHERAPY

SAUNA BREW

LAVENDER
EUCALYPTUS
BIRCH



HOW TO USE THE AROMATHERAPY SAUNA BREW

1. Please remove this label.
2. Put sachet into sauna bucket.
3. Add 2 litres of warm water.
4. Leave bucket by sauna stove & wait 20 minutes for herbs to infuse.
5. When sauna is hot and you are ready, ladle the brew onto rocks and experience the natural aromatherapy.
6. In addition, you can pour this water on your body and hair or use in a bathtub.
7. The Aromatherapy Sauna Brew can be used twice. Must dry sachet between use.

CAUTION: ALWAYS CHECK
WATER TEMPERATURE BEFORE USE.
- NOT FOR CONSUMPTION -

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