



ARIES HOTEL & SPA WISŁA SAUNA AREA RULES AND REGULATIONS

1. The sauna area is an integral part of the Wellness Zone, and is subject to the Aries Hotel & Spa Wisła Wellness Zone Rules and Regulations.
2. Only adults over the age of 18 may use the sauna area.
3. Guests must sit or lie down in the sauna on a towel so that no part of the body is in direct contact with the wooden boards (does not apply to the steam sauna).
4. For health reasons, we suggest guests use saunas without exterior clothing (does not apply to the steam sauna).
5. A stay in the sauna ends with a cool shower without the use of soap.
6. The sauna may only be used by healthy persons, or those whose symptoms do not pose difficulties in using the saunas. Before using the saunas, consult your physician. The management of Aries Hotel & Spa Wisła is not responsible for any health effects that may occur as a result of using the sauna.
7. Restrictions on the use of saunas: skin disease, epilepsy and psychotic states, pyrexia, cold, flu, bleeding tendency, chronic diseases, i.e.: tuberculosis, cancer, kidney disease, liver disease, diabetes, asthma, anemia, acute and chronic infectious diseases and their diagnosed carrier status, endocrine disorders, cardiovascular disease, glaucoma, pregnancy, menstruation.
8. In the event that guests feel unwell, they must leave the saunas immediately.
9. After cooling, guests should fully dry their bodies and lay down for a few minutes.