

## SAUNA REGULATION

### SAUNA USE POLICY

1. Before entering the sauna and before using it, please read the terms and conditions.
2. The sauna is an integral part of the swimming pool and the general rules apply.
3. The sauna can only be used by adults upon presentation of a proof of identity.
4. Before entering the sauna, all metal objects must be removed, as they may cause body burns.
5. Before bathing the whole body should be showered and wiped dry with soap and warm water.
6. For bathing in the sauna you need to equip yourself with soap and two towels; One is for wiping and the other as a pad on the bench.
7. Swimming shoes must be taken off before entering the sauna room.
8. A bathing cycle lasts about 25 minutes: 8-13 minutes in a hot room, followed by 8-12 minutes of gradual cooling of the body with water (in the second and third cycles the stay in the hot room should not exceed 10 minutes).
9. After the sauna you should rest about 20-30 min. It is advisable to drink moderate amounts of mineral water or juices.
10. Any change in well-being that indicates an incompatibility of the sauna bath should be taken seriously, including interruption of further bathing.
11. Bath temperature:
  - dry sauna 90-95°C,
  - Steam room 40-60°C
12. On the premises of the sauna is forbidden:
  - getting in clothing and footwear,
  - Running on the area, making noise and talking loudly,
  - touching and manipulating electrical equipment,
  - bringing dishes, food leftovers and other items to the sauna.
13. The sauna may only be used by healthy people.
14. Persons whose external signs indicate lack of hygiene, infectious skin diseases and other infectious diseases, fungal infections, warts, erythema, rose, etc. are prohibited. open cuts, difficult to heal wounds, frequent intravenous injections of the extremities, difficulty breathing, imbalance, aggressive behaviour.
15. Women are not allowed to go to the sauna during menstruation.
16. All injuries, health problems or impairment of well-being must be reported immediately to the nearest employee of the hotel.

---

IN EMERGENCY AND IN THE CASE OF A RAPID DETERIORATION OF HEALTH  
**PRESS THE ALARM BUTTON**

---