

# **SAUNA BATHING REGULATIONS**

Sauna can only be taken with the purchase of a swimming and sauna ticket at the cash desk, which can be verified by a proxy watch in the relevant colour. All guests may use the wellness room for the duration indicated in the price and tariff.

## **Responsibility for sauna bathing**

- The operator is not responsible for any accidents that may occur due to improper use of the sauna.
- Persons prohibited by a medical practitioner are **FORBIDDEN** to take a sauna.
- Everyone must take a sauna at their own risk and in a healthy condition.
- Anyone planning sauna bathing must seek and follow the advice of their physician.
- For health considerations, sauna bathing sessions should not last more than 10-15 minutes at a time.
- Please use the alarm bell in case of sickness in the sauna cabin.

## **Children in the sauna**

- Children under the age of 12 are not recommended due to the high temperatures which can be stressful for the body.
- Children under 14 years of age are **NOT** allowed in the sauna cabin without adult supervision. The relative is held (financially) responsible for the behaviour of the underage child.

## **Behaviour in the sauna cabin**

- Showers are mandatory before and after taking the sauna for hygiene reasons. Please do not use any cleaning products (shower gel, shampoo, soap, etc.) in the shower.
- The use of sauna towels is compulsory and can be requested from the staff at the sauna reception.
- Jewellery and watches worn on the body must be removed before entering the cabin. Metals can heat up and may cause burns.
- Please leave slippers outside the sauna area.
- Use the plunge pool only after showering.
- The request for peace and tranquillity from those who wish to be quiet shall be respected.

- The removal of water/sweat from various parts of the body must be done without disturbing the peace and privacy of others.

### **IT IS STRICTLY FORBIDDEN TO**

- use essential oils,
- take food or drink in the cabin,
- jump into the plunge pool or
- take a sauna naked.

### **Hygiene rules**

- It is important that human body parts do not come into contact with the wooden floor. In the sauna area, towels or sauna mats must be placed on the areas to be used.
- The use of oils and other sweat-inducing products that can be applied to the skin is strictly FORBIDDEN!

### **Refills and sauna oil**

- In the sauna, only the sauna attendant is allowed to refill and only the oil he/she uses is allowed.
- The use of essential oils, creams, honey, etc. is not permitted in the sauna for reasons of hygiene.
- The sauna attendant determines the need for a refill. Any damage caused by improper use is the responsibility of the guest.

### **Sauna door**

- The sauna cabin door must be kept closed during use.

### **Eating and drinking in the sauna cabin**

- The consumption of food and drink is prohibited in the sauna area. Hydration is only possible in the rest area. The consumption of alcohol and alcoholic beverages is strictly FORBIDDEN!

**We thank you in advance for following the sauna rules and wish you a pleasant stay!**