

TERMS AND CONDITIONS OF USING THE SAUNA

1. Please read the terms and conditions before entering the sauna.
2. When using the sauna facilities, the instructions must be strictly followed.
3. Adjustments to the sauna equipment, especially the stove heating, may only be made by a staff member.
4. Only healthy persons may use the sauna.
5. The sauna may be used by adults. Minors may only use the sauna when accompanied by an adult guardian.
6. Sauna users declare that they are physically and medically fully capable of using this treatment and are responsible for their own health.
7. Users of the sauna are obliged to observe order and maintain the room's cleanliness.
8. It is recommended to use the sauna twice a week to improve fitness.
9. Before entering the sauna, take a bath with soap to remove all cosmetics and dirt from the body.
10. Metal jewellery should be removed to avoid possible burns.
11. Do not wear glasses or contact lenses in the sauna.
12. The sauna must be used in a cotton costume.
13. As your body warms up, gradually move from a lower to a higher bench according to your body's tolerance.
14. When in the sauna, you should aim to relax your muscles and achieve as much mental relaxation as possible: be calm and quiet.
15. Soap is not recommended during body cooling treatments after sauna use.
16. **It is forbidden to enter the sauna area:**
 - enter with your clothes and shoes on,
 - performing cosmetic procedures,
 - making noise and talking loudly,
 - bringing in crockery, food and any foreign objects,
 - bringing in alcoholic beverages,
 - indecent behaviour, or behaviour generally considered to be improper or offensive,
 - smoking tobacco,
 - destroying and damaging equipment.
17. After the sauna, using the jacuzzi is strictly forbidden, and exercise is not recommended.
18. If you feel unwell, press the emergency button immediately.
19. The use of the sauna is not recommended for persons:
 - immediately after intensive endurance training, - people with cardiovascular disease,
 - people with diabetes,
 - intoxicated persons,
 - pregnant women,
 - women during menstruation.
20. Persons who breach the order or the provisions of these terms and conditions will be removed from the premises without the right to a refund of any fees previously paid.
21. Using the sauna implies that the person has read and accepted all of the above points of the terms and conditions.
22. The facility's management is not responsible for accidents caused by non-compliance with these terms and conditions and the staff's instructions.