



House Rules – SAUNA

This regulation has been established to ensure safety, peace, order, and hygiene in the sauna.

Access to the sauna:

- Children under the age of 6 are not allowed to use the sauna. Children from the age of 7 must always be accompanied by an adult (18+) who maintains continuous supervision. Parents or responsible guardians are required to supervise children closely and at all times.
- Animals are not permitted in the sauna
- Smoking, eating, or drinking in the sauna is not allowed
- Maximum number of users: 3



Hygiene

- Every sauna user must shower before entering the sauna
- Wear flip-flops when walking to the sauna
- Clean your feet before entering the sauna
- Avoid using the sauna when feeling ill
- Always sit or lie on a towel



Clothing

- Swimwear is mandatory
- When moving to the sauna, please wear a bathrobe or similar garment

Public order

- The management has the right to deny access to the sauna to any person who poses a risk to the safety and health of others (intoxication, disturbance, violation of these rules, etc.)
- Disruptive behaviour will not be tolerated

Safe use

- Drink enough water before, during, and after sauna use
- Do not drink alcohol before or during a sauna session
- Leave the sauna immediately if you feel unwell or drowsy
- Limit each session to 15 minutes
- Take sufficient breaks between sessions. Preferably sit upright
- Rest at least 20 minutes after your sauna visit
- Maintain a safe distance when pouring water on the stones, do not lean over the stove
- For health reasons, sauna use is not recommended during pregnancy
- Avoid wearing or bringing any metal objects. Jewellery can become extremely hot and cause burns

Liability

- The management is not liable for accidents, theft, or damage to property in the water or in the changing area
- The sauna renter will be held legally responsible for any damages caused and must compensate for them