

INSTRUCTIONS FOR USING THE FINNISH SAUNA

SAUNA WORKING HOURS: 2:00 p.m. – 8:00 p.m

A Finnish sauna is a room in which the air temperature is 80 ° - 90 ° C, air humidity 0-15%. In the sauna, there is a stove on which the stones are heated, which are periodically poured with water to maintain humidity. Using the sauna consists of a cyclic stay in the sauna, cooling the body and resting. One cycle is enough, and two or three can be done, depending on the age, health and preparedness of the organism. The sauna is intended for a maximum of two people.

ENTER THE SAUNA AT YOUR OWN RISK!

If you have health problems, consult your doctor.

HOW TO USE THE SAUNA PROPERLY:

- Do not eat before entering the sauna.
- Take a shower before using the sauna.
- After showering, wipe thoroughly.
- Do not use the sauna alone and always inform the staff that you are in the sauna.
- Do not use the sauna in a bathing suit.
- Remove any metal objects from yourself, contact lenses or glasses if you wear them.
- Remove sunscreen and makeup.
- When entering the sauna, turn the hourglass (the clock cycle lasts 15 minutes). If you feel that you have less time, leave the cabin earlier.
- Be sure to sit or lie down on a towel in the sauna. Sit down a few minutes before finishing the sauna to avoid dizziness.

HOW LONG TO STAY IN THE SAUNA:

- Recommended stay in the sauna: 8-15 minutes.

RULES AFTER SAUNA:

- After using the sauna, be sure to take a shower with lukewarm water : first your hands and feet, then your torso and finally your head and face. Then take a cold shower.
- After that, wrap yourself in a warm towel and be sure to rest for 10 to 20 minutes.
- Be sure to replace lost body fluids. Wait 15 minutes to replace the sauna fluid.
- Leave the room when the body cools down to the point where it no longer sweats.

DO NOT USE THE SAUNA IF:

- you have heart, circulation or kidney problems, are pregnant, feel unwell or suffer from any health problems
- you are a child under the age of 16

SAUNA USE PRICE:

€10/h for two people

In case of emergency, press the emergency button or contact the staff at +385 (0)99 492 7349.