

## **Rules for Private Sauna Use**

**To ensure safe operation, healthy environment and mutual satisfaction of the operator and the customer, we have written Rules for Private Sauna Use. If the Rules are violated, we reserve the right to ban the violator from our premises.**

- 1.** The entry to the sauna is limited by the opening hours.
- 2.** Children under 5 years of age are not allowed to enter the sauna. Children under 15 years of age are allowed to enter the sauna only when accompanied by their parents.
- 3.** The entry to the sauna is solely at your own risk. In case of doubt, consult your doctor about taking sauna sessions.
- 4.** It is explicitly forbidden to enter the sauna for persons:
  - under the influence of alcohol
  - with a transmissible skin, hair or infectious disease
  - with a heart disease or high blood pressure
- 5.** The customers are obliged to follow the staff instructions.
- 6.** It is forbidden to use your own scented essence to pour on the stove in the sauna without prior consultation with the staff. Similarly, the humidity may be increased with the consent of all persons present in the rest room.
- 7.** When using creams, oils, scrubs, etc. (only those intended for use in the sauna), the visitor must take care to keep the sauna room clean.
- 8.** The operator assumes no responsibility for theft or loss of customer valuables.
- 9.** The guest who caused any damage to the equipment in the facility is obliged to reimburse such damage to the operator.
- 10.** The visitors go to the sauna without swimwear. They use a bathrobe, towel or sheet when moving between individual areas.
- 11.** Cleanliness is the responsibility of every customer, namely in all areas.
- 12.** The visitors observe the principles of morality and decency.
- 13.** The visitors always dry themselves properly after showering to avoid creating wet areas. They move carefully everywhere to avoid possible accidents. The entry to the

facility is at own risk and the operator is not liable for any damage or injury caused by the visitor's own carelessness or failure to follow instructions.

**14.** It is prohibited to eat in the sauna area or bring glass or ceramic containers. Use only dishes prepared by the staff for refreshment.

**IN THE ENTIRE SAUNA AREA IT IS STRICTLY FORBIDDEN TO:**

- Make noise, behave in a way that disturbs other visitors
- Consume food
- Smoke
- Soil these areas in any way
- Waste water and energy
- Destroy property intentionally
- Stay in the sauna beyond the agreed period of time
- Enter with animals
- Engage in commercial activities without prior written consent of the sauna operator
- Handle equipment with exception of the authorised person (heating, wiring, sauna stove, etc., additional appliances)
- Shout, run, whistle, call for help without reason, splash intentionally and harass other visitors or endanger the operation in any way
- Wash laundry or other things

## **SAUNA PROCEDURE**

### **1. Entering the sauna:**

Please shower and dry your body before entering the sauna. Thorough cleaning of the skin before using the sauna is important to ensure hygiene and maximum enjoyment of the treatment. Enter the sauna **WEARING CLEAN, CHANGED FOOTWEAR ONLY.**

### **2. Using a towel:**

Please place a towel on the bench or seat before entering the sauna to prevent direct body contact with the surface and to maintain the hygiene of the area.

### **3. Length of stay in the sauna:**

We recommend spending no more than 15-20 minutes in the sauna to avoid overheating the body. After this time it is recommended to refresh your body with a short cold shower.

### **4. Respecting other guests:**

Please remain quiet and calm in the sauna so as not to disturb other guests. Phone calls and loud conversations are inappropriate in the sauna.

### **5. Hydration:**

After the sauna sessions, it is recommended to replenish lost fluid by drinking enough water to avoid dehydration.

### **6. Compliance with safety instructions:**

Please follow all safety instructions and staff recommendations regarding the use of the sauna and other facilities.

**Thank you for respecting these Rules and we wish you a pleasant and relaxing stay in our private sauna.**

## **BOOKING**

### **Booking methods**

The customer may book the desired period of time no later than 24 hours in advance, namely only by phone at +420 777 456 260 or in person with the hotel staff.

### **Price for entry**

The admission price is uniform throughout the opening hours. The current price list can be found in your room or on our web page [www.hotelspessart.cz](http://www.hotelspessart.cz).