



CORRECT USE OF SAUNA

RESPONSIBILITY OF VISITORS TO THE RELAXATION CENTRE FIRE & WATER WELLNESS & SPA IS TO ACT IN ACCORDANCE WITH INSTRUCTION OF THE OPERATOR. CONSULT YOUR DOCTOR IF THE SAUNA IS SUITABLE FOR YOU, WITH RESPECT TO YOUR HEALTH. ADMISSION TO THE SAUNAS IS NOT RECOMMENDED FOR: PREGNANT WOMEN, DIABETICS, PATIENTS WITH HEART DISEASE, KIDNEY OR THYROID PROBLEMS, AND PEOPLE WITH HIGH BLOOD PRESSURE. ENTRANCE INTO THE FIRE & WATER WELLNESS CENTRE & SPA IS PROHIBITED FOR CHILDREN UNDER 12 YEARS OF AGE, PERSONS UNDER THE INFLUENCE OF ALCOHOL AND DRUGS.

ENTRENCE INTO TO THE FIRE & WATER WELLNESS & SPA CENTRE IS ONLY ALLOWED IN SHEETS DUE TO HYGINIC REASONS. THE POOL AREA CAN BE ACCESSED IN A BATHING SUIT.

1. BEFORE ENTERING THE SAUNA

- RECOMMENDED STAY IN A SAUNA IS 1.5 TO 2 HOURS AND NO MORE THAN 1-2 STAYS WITHIN A WEEK
- IT IS RECOMMENDED NOT TO EAT A HEAVY MEAL OR DRINK ALCOHOL BEFORE USING THE SAUNA
- LEAVE YOUR WATCH, CELL PHONE, JEWELLERY, ETC. IN THE LOCKER ROOM BEFORE ENTERING THE SAUNA
- SHOWER, WASH WITH SOAP AND WIPE DRY BEFORE ENTERING THE SAUNA

2. SAUNA PROCESS

- THE WELLNESS CENTRE IS A MIXED TYPE OF SAUNA (MEN + WOMEN). ENTER THE SAUNA WITHOUT A SWIMSUIT AND SHOES, WRAPPED IN A SHEET. WEARING A SWIMSUIT IN A SAUNA IS VERY HARMFUL TO THE HEALTH, NOT ONLY FOR YOU BUT FOR OTHERS TOO. SWIMSUITS ARE MADE FROM 100% SYNTHETIC MATERIALS AND AT A TEMPERATURE OF 50 °C, THE COMPOUNDS ARE RELEASED AND ARE HIGHLY CARCINOGENIC, AND THEY GET INTO THE BODY THROUGH THE RESPIRATORY TRACT OR THROUGH THE SKIN AND THIS WAY YOU HARM YOURSELF AND ALSO OTHER PEOPLE IN SAUNA.
- DUE TO HYGIENIC REASONS SPREAD THE SHEET UNDER YOUR BODY INCLUDING YOUR FEET. FIRST SIT DOWN ON THE LOWEST BENCH AND GRADUALLY MOVE TO THE NEXT LEVEL SEATING TO AVOID THERMAL SHOCK.
- WHILE IN SAUNAS BREATHE SLOWLY THROUGH YOUR NOSE, NOT VERY DEEPLY. IT IS RECOMMENDED TO USE A VARIETY OF SCRUBS, OILS, COSMETICS, THAT WE WILL GLADLY OFFER YOU. IF THE TEMPERATURE IS UNBEARABLE, LEAVE THE SAUNA STRAIGHT AWAY.
- BEHAVE QUIETLY AND CULTURALLY, AVOID LOUD CONVERSATIONS, SWEARING AND DISCUSSIONS. SAUNAS ARE A PLACE OF PEACE AND MEDITATION
- AFTER LEAVING THE SAUNA COOL THE BODY DOWN, EITHER WITH A COLD SHOWER OR USE A PLUNGE POOL WITH COLD WATER
- WHEN COOLING THE BODY START FROM THE FEET TOWARDS THE HEART, NEVER POUR COLD WATER ON A WARMED HEAD
- EACH SAUNA CYCLE IS FINISHED AFTER 15-20 MIN. LONG REST IN THE POSITION ON YOUR BACK IN THE RELAXATION ROOM WITH DECK CHAIRS. WRAP YOURSELF IN THE SHEET AND LIE DOWN, CLOSE YOUR EYES AND RELAX FOR SEVERAL MINUTES
- DO NOT EAT, DO NOT DRINK AND DO NOT READ WHILE IN SAUNAS
- INTERVALS BETWEEN CYCLES IN SAUNAS TRY TO ADD FLUID, VITAMIN C, SNACKS IN THE FORM OF FRUIT TO REPLENISH MISSING MINERALS IN THE BODY

3. AFTER BEING IN A SAUNA

- DO NOT WASH BODY BY SOAP AFTER THE LAST STAY IN SAUNA
- BEFORE FINISHING THE WHOLE SAUNA PROCEDURE YOU SHOULD TAKE 15-20 MINUTES TO REST SO YOUR BODY CLIMATES TO CHANGES IN TEMPERATURE AND DO NOT MAKE ANY GREATER EFFORT IMMEDIATELY AFTER A BATH
- AFTER THE PROCEDURE YOU NEED TO ADD FLUID. THE BEST ARE FRUIT JUICES, TEA AND MINERAL WATER. IN ONE SAUNA CYCLE YOU CAN LOSE UP TO 0.5 LITRES OF WATER WITH WHICH YOU LOSE NOT JUST TOXINS, BUT ALSO SALT, VITAMIN C AND OTHER MINERALS.
- END THE SAUNA PROCESS WITH A FAVOURITE MASSAGE OR ENJOY BEAUTY AND WELLNESS SERVICES
- PRIVATE JACUZZI POOL OR WHIRLPOOL HOT TUB (OR OTHER COMMON AREAS) CAN BE ENTERED IN A SWIMSUIT

4. FINAL RECOMENDATIONS

- BRING BIG TOWEL INTO THE SAUNA
- ALWAYS LEAVE THE SAUNA IN THE CONDITION IN WHICH YOU WOULD LIKE TO FIND IT WHEN YOU ENTER
- SAUNA PROVIDES PROTECTION FOR THE BODY FOR SEVEN DAYS IN ORDER TO MAINTAIN RESISTANCE TO DISEASES, IT IS RECOMMENDED TO REPEAT THE SAUNA AT LEAST 1 TIME PER WEEK