

## The Rules for staying in the sauna

- Each person using the sauna is obliged to familiarize oneself with its rules and instructions for use.
- The sauna is available daily from 6PM to 10PM.
- The sauna reaches a temperature of 110°C and is a dry sauna. The temperature value is shown on the thermometer located in the sauna. The recommended temperature for safety reasons is 80°C . Entering the sauna twice for 15 minutes is a sufficient treatment for the body. Prolonged stay is dangerous to health.
- The sauna may be used only by healthy adults and children over 12 years of age under the supervision of a parent or guardian.
- It is recommended to use the sauna in the company of another person, which will allow immediate assistance in case of ill health.
- The sauna is a non-textile area. Two towels should be used: one to avoid direct body contact with the wood, and another to dry oneself.
- In the sauna, you should remain calm and avoid making noise and loud conversation.
- It is forbidden to pour any kind of essential oils on the stove.
- Staying in the sauna may be done only with the knowledge and consent of the EveRest Apartments Szczyrk staff. The EveRest Apartments Szczyrk staff is not responsible for the health consequences of staying in the sauna.
- It is forbidden to bring food products, dishes, bottles of drinks and any objects except towels.
- Smoking is prohibited.
- Footwear must be removed before entering the sauna.
- Personal belongings, e.g. phone, card/key, wallet should be left in the locker at the entrance to the sauna.
- A maximum of 5 people may be in the sauna at one time.
- The sauna may not be used by people who have any health contraindications.
- Before entering the sauna, it is an absolute requirement to remove glasses, contact lenses and all metal objects, as they may contribute to body burn.
- Indecent behavior, or behavior considered socially indecent or offensive, is prohibited.
- Any comments regarding the operation of the sauna should be reported to the EveRest Apartments Szczyrk staff.