



SAUNA RULES

1. Sauna guests

Drunk people, people with open wounds, skin diseases or infectious diseases and epileptics are not allowed to use the sauna. Children and adolescents under the age of 16 may only use the sauna when accompanied by an adult.

2. Use of the sauna

Before using the sauna or infrared cabin: Shower and dry off!

No sweat on the wood! Always use a sufficiently large and dry seat towel in the cabin.

Cool off after the sauna room in the shower.

Do not eat or drink in sauna and infrared cabin.

Make enough breaks between the sauna sessions, do not overstrain your circulation!

3. Cleanliness, cleaning

Keep sauna, infrared cabin and relaxation area clean!

Sauna and infrared cabin are cleaned and disinfected by our cleaning staff after each stay. For cleaning during the stay, however, the guests are responsible.

Please make sure that the sauna and infrared cabin are returned to a clean and dry condition after each use!

4. Safety

The facility is not supervised.

You will find a red emergency button in both the sauna and the infrared cabin. Please only press this in case of emergency. In this case, the caretaker/concierge is alerted. The alarm cannot be undone.

Follow the operating instructions for the sauna and infrared cabin and contact the caretaker if you have any questions or problems.

Make sure that there are no flammable materials on or near the heater!

Use oils or liquid fragrance only at the specified dilution. Usually only about 10 drops per liter of water!

Do not take the bottle with oil or fragrance into the cabin!

Make sure that the sauna ventilation is running. You will recognize this by the bright square shaped fan icon on the right side of the screen.

5. Emergency telephone numbrs, first aid

Ambulance: 144 Fire department: 122

Doctor: 04713 2216 Police: 133

Caretaker: 0660 5500 614

A first aid kit is located at the ground floor in the anteroom of the side entrance (next to the shoe dryer).