

RULES AND RECOMMENDATIONS FOR SAUNA USE

These facilities are for use and enjoyment of the guests staying at the Hotel. We hope everything is to your liking. Anything you need, please contact Reception.

ADVANTAGES	CONTRAINDICATIONS
<ul style="list-style-type: none">✓ Removes toxins and increases defences. Opens pores and eliminates heavy metal from the body. Also eliminates alcohol, nicotine, sodium, sulfuric acid and combat cholesterol.✓ De-stressing, releases endophrins and helps to fight insomnia and stress.✓ Improves cardiovascular function, dilates blood vessels.✓ Helps improve breathing.	<ul style="list-style-type: none">✓ Low blood pressure✓ Hypertension✓ Nervous disorders✓ Cardiovascular diseases✓ Pregnancy✓ Chronic rheumatism

OPENING HOURS: 7am – 8pm

- Maximum capacity 5 persons.
- The use of sauna is not allowed for persons **under 18 years old**.
- Smoking or eating food is not allowed in sauna.
- It is **mandatory** to use a **personal towel** for hygiene and to avoid possible contagion.
- It is required to wear a swimming suit and use slippers when leaving the sauna and before entering the showers.
- Take turns of 15 minutes with breaks and a shower of cold or warm water.
- It is recommended to hydrate between sessions, there is a high fluid loss due to the heat of the sauna.
- **In case of drowning or dizziness, interrupt the session!**

Failure to follow these rules may be sufficient to deprive the client of the use of sauna.