

## **THIS SAUNA IS PROVIDED FOR THE BENEFIT OF GUESTS**

### **SUBJECT TO THE FOLLOWING CONDITIONS:**

1. The Proprietors accept no liability for any injury or illness to persons or loss of personal effects howsoever such injury, loss or damage may be caused.
2. Guests & Visitors use the Sauna facility at their own risk.
3. The sauna must be used strictly in accordance with the operating instructions.
4. Children under the age of 16 years are not allowed to use the Sauna unless accompanied by a responsible adult.

### **IN CASE OF ACCIDENT/EMERGENCY PLEASE CONTACT THE RECEPTION**

#### **OPERATING INSTRUCTIONS SAUNA**

Begin with a lukewarm shower, enter the Sauna and limit your time to 5-10 minutes, then exit and cool off by rest or a cool shower. Re-enter for another 5-10 minutes and relax. On your second exit, if you are looking forward to immediate rest, take a warm shower. If you are off to work or play a tepid shower to finish off is the correct way.

#### **GENERAL ADVICE:**

- Do not use the Sauna if you are pregnant, suffering from a heart or respiratory disorder, have abnormal blood pressure or circulatory problems, are a diabetic or suffer from excess fluid retention, or have a skin disorder, respiratory infections, that is a cough, cold or 'flu that may be aggravated by heat or humidity
- Do not use the Sauna if you are undergoing medical attention without prior consent of your Doctor
- Never take a Sauna if under the influence of alcohol or if you have had a heavy meal. An interval of at least 4 hours should be allowed to elapse. Similarly, do not use the Sauna as a means of losing weight or curing a hangover
- If feeling unwell leave the Sauna immediately and report to a member of staff
- Bathers must take care on slippery surfaces in the Sauna.
- All articles of jewellery such as bracelets, watches and rings must be removed
- For hygiene purposes please do not shave in the Sauna
- Do not take newspaper/magazines or plastic cups in the Sauna
- Do not leave costumes to dry in the Sauna
- Please ensure you sit on a towel or wear your costume in the Sauna

