

Rules and Regulations for Sauna use

1. Sauna is an integral part of the Villa Aromat premises, which are governed by the general rules and regulations and the following specific regulations.
2. Before entering the sauna area and using the sauna equipment please read the applicable rules and regulations.
3. The use of the sauna requires the acceptance of all of the regulations and rules.
4. By using the sauna please strictly adhere to the rules and regulations, the sauna equipment instruction manual and the information provided by our staff.
5. The sauna use is charged in accordance with the current price list.
6. The sauna management staff do not bear any responsibility for any health consequences suffered as a result of sauna use.
7. The sauna may only be used by those people whose health condition does not constitute a contraindication as far as sauna use is concerned.
8. Children can use the sauna only under the supervision of an adult.
9. The sauna cannot be used by people who:
 - suffer from heart illness, hypertension, and with blood vessel disorders,
 - suffer from thyroid illness, claustrophobia, epilepsy, acute rheumatism, cancer,
 - suffer from an acute infection or an asthma condition, or with the a fever,
 - women during menstruation or pregnancy period, tired and intoxicated.
10. In the sauna the temperature ranges between 80 - 100 C.
11. Adjustment of temperature and humidity parameters in the sauna can only be performed by the staff (you are not allowed to change the parameters on your own).
12. Before entering the sauna area you should:
 - visit the lavatory,
 - remove any metal items as they may cause a burn,
 - take off glasses, contact lenses,
 - wash the body with soap and dry with a towel,
 - take off shoes.
13. Sauna can be used by no more than 6 people.
14. You should sit on and place your feet on the towel. The towel should be spread out so that the skin does not touch the surface of the seat.
15. It is prohibited to:
 - put flammable items on or close to the heating elements.
16. Our staff should be informed immediately if any health deterioration occurs during sauna use.