



SPA & WELLNESS AREA REGULATIONS

1. Access to the facility

- Guests must be at least **18 years old**. Minors are not permitted.
- People under the influence of drugs or alcohol are strictly prohibited from entering.
- Swimwear and non-slip slippers are mandatory. Nudity and toplessness are prohibited.
- Outdoor shoes and clothing are not permitted in the Wellness area.
- Outside food and beverages are not permitted.
- Management reserves the right to refuse access to any person without providing a reason.
- Video surveillance is in operation throughout the SPA & Wellness area for your safety and security purposes.

2. Contraindications

- If you feel unwell or uncomfortable, refrain from using the saunas and turkish baths.
- Access is denied to anyone with skin conditions, infectious or contagious diseases, open wounds, bandages, or dressings.
- Unless under strict medical supervision, use of the saunas and steam rooms is contraindicated for individuals with the following conditions (including, but not limited to): cardiovascular disease, uncontrolled high or low blood pressure, acute illnesses or fevers, varicose veins, malignant tumors, epilepsy, menstruation, pregnancy, or any other condition that may pose an health risk while using the facility.

3. Rules of conduct & facility use

- Guests must follow all instructions regarding the use of the facility; including posted signs, staff instructions, and informational materials.
- Cell phones must be turned off or kept silent. If you need to take a call, you must step outside the SPA area.

- Electronic devices such as radios and laptops are not permitted.
- Smoking, including the use of e-cigarettes or vapes, is strictly forbidden.
- Consumption of alcoholic beverages is prohibited.
- Do not bring bags or valuables into the spa. Management declines all responsibility for theft, damage, or loss of personal belongings.
- Do not bring dishes, glasses or other tableware outside the designated dining area.
- Please respect the silence throughout the spa area.

4. Sauna and Turkish bath guidelines

▸ Sauna

- It is mandatory to place a towel on the bench before sitting, ensuring that no part of your body comes into direct contact with the wood.
- The recommended session length is 8-12 minutes. Do not exceed 15 minutes.

▸ Turkish bath (Steam rooms)

- Please rinse the bench with water before and after use.
- Do not remain in the steam room for more than 20 minutes.
- Shower after each session.
- Before and after each session, it is recommended to rehydrate your body by drinking water or herbal teas, then rest for at least 30 minutes.

5. Hygiene & Care

- Always cover sun loungers and beds with the towels provided.
- Do not wear glasses, jewelry, watches, piercings, or accessories that could overheat or cause burns or injury.
- The use of personal hygiene products or soaps inside the pools, saunas, and steam rooms is strictly prohibited.
- Any form of sexual activity is prohibited. Behaviours that may cause discomfort or embarrassment to other guests is also prohibited.
- Leave your slippers outside the sauna or steam room.
- Do not enter on an empty stomach or immediately after eating.
- If you feel faint, dizzy, or unwell, leave the area immediately.

6. General rules

- Any damage caused to the facility or its equipment must be compensated before leaving the facility.
- All accidents, injuries, or medical emergencies must be reported immediately to the staff or management.
- Management assumes no liability for any consequences, injuries, or damages resulting from non-compliance with these regulations.