

RULES AND REGULATIONS IN THE INFRARED SAUNA

§1 General rules and regulations

1.1 The infrared sauna constitutes an integral part of the “Na Klifie” hotel and the general rules and regulations of the building, as well as the rules and regulations listed below, apply there.

1.2 Prior to entering the sauna the guest is obliged to become familiar with these rules and regulations, as well as with contraindications to use this service.

1.3 The purchase of a voucher or a single ticket to the infrared sauna is equivalent to the confirmation that the guest has become familiar with these rules and regulations, and undertakes to abide by them, as well as to follow the instructions from the personnel.

1.4 The optimum session time is 30 minutes, with the recommended temperature between 45 and 60 degrees Celsius.

1.5 Children and youth under 18 are allowed to use the infrared sauna only on the responsibility and with the consent of their parents, and in the care of the adult.

1.6 “Na Klifie” is not responsible for money and personal belongings that have been lost or left on the premises of the building.

§2 How to prepare for a session in the infrared sauna

2.1 One should not use the sauna directly after physical effort or exercise, with an empty stomach or after a heavy meal. The sauna should be used 1-2 h after a meal.

2.2 Prior to entering the sauna one should not use any cream or body lotion. It is necessary to wash one’s entire body in the shower and remove make-up. Jewellery or glasses should be left in the house. Persons normally wearing contact lenses can wear them in the infrared sauna too, as wearing contact lenses is not a contraindication to use the infrared sauna. However, it is recommended to get familiar with the information provided by the contact lens manufacturer to make sure that there are no special contraindications for the type of lenses that the guest is wearing.

2.3 It is recommended to take three towels: one for wrapping oneself with and absorbing sweat during the session, the other one for sitting on and the last one for putting under one’s feet.

2.4 One should not wear flop-flops in the sauna. One should sit down on the towel, having unfolded it so that no part of the body touches the wooden surface directly.

2.5 After the session in the sauna one should drink some water to stay hydrated as during the session one loses a significant amount of water from the body.

2.6 After leaving the sauna one can cool one’s body in the shower, starting with feet and going towards the heart, however, it is not necessary. At high temperature skin pores open and the skin is deeply cleansed as any toxins and heavy metals that occur in water (and would be absorbed back by the skin if the sauna user decided to take a shower) are

removed. It is good to gently clean one's face with water or alcohol-free toner after visiting the infrared sauna.

2.7 The infrared sauna may be used only by healthy persons or persons whose ailments do not constitute any contraindications to use the infrared sauna.

2.8 Women, who are pregnant or suspect that they may be pregnant, should not use the sauna.

2.9 The number of sauna users cannot exceed 3 guests at the same time.

2.10 Children and people under 18 are allowed to use the sauna on the responsibility and with the consent of their parents or legal guardians, and in the care of the adult.

2.11 The staff of "Na Klifie" are not responsible for money or personal belongings lost or left on the premises of the building.

2.12 Everybody uses the sauna on their own responsibility. It is recommended to consult the doctor prior to using the sauna.

§3 It is forbidden to:

- manipulate the sauna's settings, switch them on/off, change the temperature etc.,
- use the sauna while naked,
- make noise, be loud, disturb other users' privacy,
- bring drinks, food, or any objects other than towels to the sauna,
- use the sauna under the influence of alcohol or other drugs,
- cover radiators with towels,
- bring animals to the sauna.

§4 Contraindications:

- severe joint injuries (that occurred within the last 48 hours),
- severe and chronic conditions related to heightened body temperature,
- circulatory system diseases with changes cause by atherosclerosis,
- unstable hypertension,
- inflammatory heart diseases,
- stroke,
- circulatory failure,
- epilepsy,

- multiple sclerosis,
- organic diseases of the nervous system,
- lung, kidney, liver diseases,
- malignant tumours,
- haemophilia or bleeding diathesis,
- skin fungal infections,
- adrenal insufficiency,
- systemic lupus erythematosus,
- infectious diseases,
- the guest has had a surgery/medical procedure within the last month,
- pregnancy or a suspicion of pregnancy,
- menstruation (heat may cause excessive bleeding),
- cryotherapy (the therapy in the cold chamber),
- health problems caused by using the infrared sauna are a natural contraindication,
- feeling pain during the infrared sauna session.

Particular caution is required if the guest has implants, artificial joints, silicone implants (including breast implants) etc. or uses different types of salve, gel or cream for medical purposes. In such cases, it is recommended to consult the doctor prior to visiting the infrared sauna.