

INFORMATION FOR SAUNA USE



We ask you to **register at the reception** before using the sauna.
A fee of **€ 5.50 per person** is payable at the time of registration at the reception.
This fee is payable regardless of the duration of sauna use.



The sauna is open on the following days:
Friday, Saturday, Sunday & holidays 14:00 – 18:00 clock
Please register **by 12:00 clock** at the reception!



A **private use** of the sauna of **four hours** is also possible after registration at the reception. The fee is a total of **€ 40.00**.



The sauna is a textile-free area, which is why, for hygienic reasons, the use is **only allowed with a towel**. This must be big enough to be able to **lie on it**. For forgotten items (towels, shoes, jewelry, etc.) no liability is accepted.



Before the sauna, the entire jewelry should be stored (risk of burns) and showered briefly. The sauna can be used **fully dried** afterwards.



After the sauna, the circulation should be revived. Exercise in the **fresh air** and a **cold shower** can help.
Please do not forget to **drink enough** after that!



In the entire sauna area **glass bottles** and other **glass** containers are prohibited!
It is also important to leave the sauna **clean** after use.



If you suffer from **circulatory or heart problems**, you should consult your doctor before a sauna visit. In general we ask you to **immediately stop** the sauna in case of discomfort or breathing problems.