

## **VISITING RULES**

### **ASTRUM LAUS \*\*\*\* WELLNESS CENTRE**

**A visitor of the ASTRUM Laus \*\*\*\* WELLNESS CENTRE is obliged to:**

- Behave so not disturb other visitors
- Avoid making excessive noise
- Enter only areas intended for visitors
- Take shower before entering the areas
- Follow instructions of the workers responsible for the facility
- Remunerate any damage and/or loss caused to the facility or a property of other visitors
- Take care of personal safety, the operator is not responsible for any harms or injuries caused by lack of caution or failure to keep the Visiting Rules by the visitor.
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**The facility MUST NOT be entered by person:**

- Younger than 15 years unless accompanied by an adult
- Under influence of alcohol, drugs or narcotics
- Suffering any illness endangering health of other visitors
- With adverse impact on the rules and safety of the facility, as well as persons not respecting moral principles

**Smoking is prohibited all over the WELLNESS centre.**

**By entering the ASTRUM Laus \*\*\*\* WELLNESS centre,  
the visitor expresses his/her agreement with the Visiting Rules.**



## INSTRUCTIONS FOR USE OF SAUNAS

1. Before entering a sauna, the visitor shall take a shower.
2. Sauna should be entered without swimming suite and covered by a blanket to increase the sweating effect.
3. You should breathe through the mouth in the sauna since the high temperature and dry air drain the mucosa and may cause headaches.
4. In the sauna, you should sit or lie only on the blanket.
5. A perfect promotion of the blood circulation is reached in 10-15 minutes. Afterwards, it is recommended to cool down the body by a cold shower or in the cooling pool until you feel cold. The body shall be always cooled down from legs upwards. Drain yourself and stay a while in the relax room. The procedure shall be repeated according to your condition, at least three times.
6. After last stay in the sauna, rinse your body thoroughly with lukewarm water without soap and drain yourself.
7. Finally visit the relax room, wrap into a blanket and stay lying about a half an hour. Lie relaxed to increase the right physiological effect of sauna.
8. It is not allowed to eat, drink alcohol beverages and smoke in saunas.
9. If you feel dizzy during your stay in the sauna, please look for the facility worker immediately.
10. The sauna shall not be entered by person suffering symptoms of an acute illness, especially inflammation of airways, increased temperature, cough, cold, diarrhoea, headache, dizziness, then persons with diseases evoking disgust, especially skin rashes, open purulent or bloody, wounds.
11. Entrance is not allowed to persons suffering transmittable diseases and to diseases carriers as well as people that were affected by a transmittable disease.

