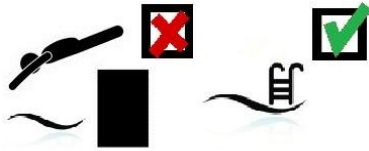


Operating instructions



Shower with warm water and soap.



Do not jump into the water, around the pool area move slowly.



It is not allowed to consume food in the wellness centre.



Children under 16 years of age are allowed to enter only accompanied by an adult.
Children under 15 years of age are not allowed to enter Hot zone - this is a quiet relaxing zone.



Child under 3 years of age must wear a swim diaper.
After 6pm children under 15 years of age are not allowed to enter the wellness centre.

How to use saunas



Do not enter the sauna if you have health problems with heart or pressure.



No entry to whole wellness centre under the influence of alcohol.



Before entering the sauna dry yourself with towel.



Enter the sauna without swimsuit.



Hint:
Enter the steam sauna completely naked.
Wet sheet is not applicable to use in Finnish sauna.

Cover yourself with the sheet.



In the steam sauna shower the seat before and after sitting.



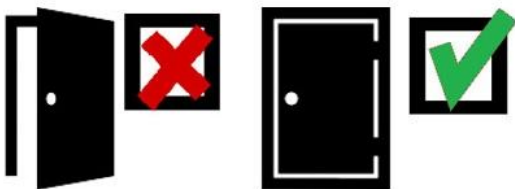
In the Finnish sauna sit or lie on the sheet.



The higher you sit, the higher is the temperature.



Stay in sauna for 5-15 minutes.



Keep the door closed.



After sauna bath, freshen up yourself.



Don't forget to drink water.



Between the entries take at least 15 minutes rest.



Go to fresh air.

Repeat
3x

according to your condition.