



SAUNA POLICIES

Finnish sauna with a cabin, shower and relaxation area is open to everyone at their own risk with awareness of their health.

In the following lines we have collected important information about the use of the sauna, please follow them.

Basic rules

Relaxation is an important part of the sauna, so please refrain from using your mobile phone.

Do not start on a full or hungry stomach. It is ideal to take a sauna 1.5 - 2 hours after a meal. After exertion and active exercise, you should rest for about 15 - 30 minutes before starting the sauna. Drink plenty of fluids (water, 100% fruit juices) and recharge your body at least 1.5 hours before sauna. Do not use to the sauna drunk or hungover.

Smoking, eating and drinking alcoholic beverages are not permitted in the sauna, the lounge and its surroundings!

The sauna building is part of the "Quiet Zone", so please do not disturb the other guests!

Please pay special attention to the danger of slipping in the sauna lounge and shower!

Use the sauna and its facilities at your own risk!

Contra indications:

- fever, high temperature, or acute inflammation in the body,
- mild to severe forms of heart failure,
- circulatory disorders, severe kidney disease, untreated high blood pressure
- tumours,
- drunk or intoxicated state,
- infectious skin diseases, neurological diseases, epilepsy.





Preparations

Take off your jewellery, your watch. Avoid wearing make-up, perfume and other cosmetics.

Wellness towels are provided for you in the chalet. Please bring it with you when using the sauna. You can put them on the lounge bed.

The sauna takes about 45 minutes to heat up. On arrival we will show you how to turn on the heater.

Experts agree that wearing a synthetic swimsuit is not recommended when using the sauna.

Cotton textiles for sauna use are provided in the sauna house, please use them in the sauna cabin!

In the sauna house you can find a shower, loungers, sauna sheets and aromatic oils are also available.

Guide to using the sauna

Always start your sauna session with a shower! After showering, towel yourself completely dry.

After drying off, enter the cabin without wearing jewellery and watch, with your dry body wrapped in a textile! Enter the sauna cabin barefoot, leaving your slippers outside.

In the sauna cabin, you should always put an appropriately sized absorbent textile on the loungers under yourself, and don't forget your feet, too. Do not allow your body to come into direct contact with the bench.

It is important to be gradual, so it is recommended to start your first stay on the lower bench.

The recommended time in the sauna cabin is 8-15 minutes, during which the body will warm up and the skin's secretory function will start. It is not recommended to increase the humidity in the room!

Our sauna is a Finnish dry steam cabin. The temperature is between 85 and 90 degrees Celsius, humidity 30%. For infusion and humidification, drop a moderate amount of the 100% natural essential oils into the water of the sauna cabin and pour 1-2 spoonfuls onto the sauna stones. Do not drip the aromatic oil directly onto the stones.

After a sauna, it is recommended to lower the temperature of your body surface by taking a shower and then dry your skin. When using the shower, close the shower curtain to protect the barn door from moisture. The hot tub in the sauna is for decoration only.

Then rest at least as long as you spent in the cabin!

During a relaxing sauna, repeat the heating and cooling phases three times in a row, and then relax for 1-2 hours after the last cooling process to wind down the sauna. Relaxing sauna sessions provide a pleasant and natural relaxation, after which the body starts to regenerate itself.



chalet for you



RÉPÁSHUTA



Finishing the sauna

Rest for a long time, drink plenty of fluids.

Our skin is completely cleansed, the pores are cleared, so there's no need to shower with shower gel, a lukewarm shower will do just fine.

When you're done, turn off the heating and ventilate the sauna house to allow the moisture to escape.

At the very end of the sauna, when leaving the sauna, do not leave the hot tub spoon in the water, place it crosswise on the hot tub.

After ventilation, please close the door and turn off the lights.

Other

Please keep the sauna house clean, always leaving it in the condition you would like to find it next time.

If you notice any malfunction or abnormal operation, please let us know.

Thank you for your cooperation, we wish you a pleasant rest and relaxation!

Szilvi és Jibi

