

Instructions for using the sauna

Going to the sauna is an invigorating and pleasant experience – on one condition. Each user must take others into account, and remember to do the following:

The dressing room must be left tidy for the next user, and any rubbish placed in the bin. Remember not to leave any smelly rubbish behind, such as sanitary towels, nappies or scraps of food – take them with you.

The shower room and wash basins need to be rinsed after use as a courtesy to others. Remember to turn off the taps after use.

The sauna room's benches should not be hosed down with water, because this shortens their lifespan and accelerates fungal growth. This also applies to the walls.

Use a seat cover in the sauna.

If you use a birch sauna whisk, make sure to remove the whisk and leaves from the sauna afterwards.

Only a caretaker or maintenance man is allowed to adjust the thermostat of the sauna stove.

The use of warm water for the stove is preferred as it prolongs the lifespan of the stones.

The use of any type of sauna scents and creams is forbidden.

Pets are not allowed in the sauna facilities.

Smoking, burning candles and making a fire is forbidden in the sauna facilities or in the hallways of the cellar.

Beauty treatments such as pedicures and hair colouring are forbidden in the sauna facilities.

Leave the sauna facilities promptly at the end of your session. Make sure no combustible materials are left on or near the stove. Turn off the lights and close all doors and windows on your way out.

Have an enjoyable, relaxing sauna experience!