

### STATEMENT AND INSTRUCTIONS FOR PROPER SAUNA

**OBLIGATORY SHOWER BEFORE ENTRY** (We shower for hygienic reasons as there can be more people in the sauna, and at the same time we warm the body, the skin becomes degreased and the pores on the skin open and prepare for profuse sweating)

**WE ENTER THE SAUNA COMPLETELY DRIED** (only completely dried will we achieve full use of sweat in the sauna)

**WE SAUNA FROM 10-15 MINUTES** (as a rule, we sauna for as long as we like, but it should never be longer than 15 minutes)

**WATERING OF STONES AT THE END OF THE SAUNA** (at the end of the sauna we can pour water on the hot stones, thus increasing the relative humidity, while getting the feeling that the temperature increases, which gives the feeling of additional sweating

AFTER THE SAUNA SHOWS for the body)

**REST** for 10-15 minutes (after a shower, it is pleasant and it is recommended to rest, and it is recommended to drink more fluids, as we have eliminated a lot of it from the body with the sauna).

**SAUNA AGAIN** (The procedure can then be repeated several times, but I recommend 3-4 times)

**PREDICTED TEMPERATURE** 85 degrees - 95 degrees Celsius

**ESTIMATED RELATIVE HUMIDITY** - 15%

### NOTICE OF HEALTH RISKS AND RESTRICTIONS

In accordance with the second paragraph of Article 22 of the Rules on minimum sanitary health conditions for performing activities, hygienic care and other similar activities (URL Rs., No. 104/2009), we inform you that:

- **DO NOT GO TO THE SAUNA THOSE WHO HAVE HEART PROBLEMS, ARE HEART PATIENTS OR HAVE HIGH HEART PRESSURE**
- **SAUNAS SHOULD ALSO BE AVOIDED BY THOSE WHO HAVE ROSACEO (VARICOSE VEINS ON THE FACE)**
- **SAUNA IS NOT ADVISED TO EVERYONE WHO HAS SERIOUS HEALTH PROBLEMS (BLOOD FLOW DISORDERS - HIGH OR UNLOWER BLOOD PRESSURE, CARDIOVASCULAR DISORDERS, TUBERCULOSIS, EPILEPSY, EPOLEPSY, IPA)**
- **CONSULT YOUR PERSONAL DOCTOR BEFORE THE SAUNA**
- **CHILDREN UP TO 12 YEARS OF AGE ARE ALLOWED TO ENTER ONLY ACCOMPANIED BY PARENTS OR GUARDIANS WHO ARE PERSONALLY RESPONSIBLE FOR THEM.**
- **WALK THE ROOMS SLOWLY AND CAREFULLY BECAUSE THE FLOORS CAN BE WET AND SLIPERY**

The user of sauna, declares that:

use the sauna at own risk and that is instructed about the use and liable for any damage due to improper use. The user will also pay costs of electricity meter from the moment of taking over the sauna, and the time of handing over the sauna.

*Sport & Tourism Consulting*