



THE TEN RULES OF USING SAUNAS

1. Never enter a sauna on a full stomach, hungry or immediately after considerable physical exertion.
2. Visitors must remove all clothes, including swimming costumes, before entering a sauna. Taking a sauna in a swimming costume is unhygienic and can lead to sore skin or a rash. The chlorine released from swimming costumes could cause breathing difficulties.
3. Only the small lockers beside the entrance to Sauna World should be used to store swimming costumes.
4. Before entering the saunas, visitors must always wash themselves thoroughly with soap in the shower and thoroughly dry themselves.
5. A sheet, towel or other suitable fabric must be placed under the body when sitting on the benches in saunas to ensure that the sauna environment remains hygienic. Sheets and towels can be borrowed at the Aquapark ticket office for a fee.
6. Sit comfortably in saunas, or better still lie down. Try to keep your legs at the same height as your body so that the whole body is exposed to roughly the same temperature.
7. Wait until you are properly sweating (10-20 minutes according to the individual) and breathe through the nose.
8. Cool down in the shower or in the plunge pool. You must always shower before entering the plunge pool so as to remove the sweat from your body. Only then use the plunge pool - a maximum of 2-3 minutes.
9. After cooling down, take a rest or continue with another sauna session. The cycle of warming and cooling is done 3 times. The process must be adapted to how the individual feels and his/her medical condition at the time. Persons with disorders of the circulatory system should consult their doctor before taking saunas. Take a significantly longer rest (ideally 20 minutes) after your final sauna session.
10. Read the RULES FOR VISITORS to Sauna World in detail.