SAUNA RULES

BODYWORK Movement and Therapy Centre

effective from 15 November 2026 – supplements § 4(9) of the Terms and Conditions of the Centre

WHO MAY USE THE SAUNA

1. Clients with an active Package, Pass or Membership may use the sauna free of charge during the Centre's opening hours.
2. The sauna is not available to persons under 16 years of age.
3. You use the sauna at your own risk. Before using it for the first time, make sure you have no contraindications.

CONTRAINDICATIONS – DO NOT USE THE SAUNA IF:

- you have a heart or circulatory disease or uncontrolled high blood pressure, or have recently had a heart attack or stroke,
- you have a fever, an acute infection, inflammation or a recent injury (within 48 hours),
- you are pregnant (unless your physician has approved it),
- you have epilepsy, kidney disease, active cancer or thrombosis,
- you are under the influence of alcohol, blood-pressure-lowering medication or sleeping pills, or you feel unwell.

If in doubt, consult a physician.

RULES

1. Shower and dry yourself thoroughly before entering. Sit or lie on your own towel – your whole body, including your feet, must be on the towel.
2. First session: 8–12 minutes; subsequent sessions up to 15 minutes. Do 2–3 sessions.
3. Between sessions, cool down gradually (cool shower, rest for at least as long as the session lasted) and drink water.
4. Do not use the sauna immediately after intensive training – wait 10–15 minutes for your heart rate to settle.
5. Do not take phones, glass or cosmetics into the sauna; do not pour water or oils on the heater and do not change the temperature settings.
6. Keep quiet and respect the privacy of others. Photographing and recording are prohibited.
7. When you finish, take your towel with you and leave the sauna clean.

IF YOU FEEL UNWELL

If you feel dizzy, nauseous, have palpitations or shortness of breath – leave immediately, sit or lie down in a cool place and inform reception. In a life-threatening situation, call **112**. Emergency button / bell: .....

Centre reception: tel. +48 609 805 660