

SAUNA RULES AND REGULATIONS

1. The following individuals should not use the sauna: those with heart disease, diabetes, high or low blood pressure, circulatory or respiratory problems, seizures, epilepsy, pregnant women, those who are using prescribed or illegal drugs or under the influence of alcohol.
2. It is not allowed to wear glasses or contact lenses in the sauna.
3. It is not recommended to use the sauna immediately after a heavy meal.
4. The sauna should only be used with footwear of the flip-flop type, which does not contain metal elements.
5. It is recommended to remove all metal objects before entering the sauna as they can become a cause of body burns.
6. A towel or other appropriate clothing must be worn in the sauna.
7. In order to use the sauna, you should have two towels - one for wiping off, the other as a pad for a bench or body wrap.
8. Before starting a session in the sauna, the whole body should be washed in the shower with soap and warm water, and then wiped dry.
9. In dry (wooden) saunas you should sit on a towel. The towel should be spread out so that no part of the body comes into contact with the wooden surface.
10. Sauna use starts from the low benches, gradually moving to the higher ones.
11. It is possible to sit or lie (on a towel) on the benches.
12. Cosmetics, particularly creams or body lotions, should not be applied before using the sauna as this reduces the perspiration and sweating intensity. In order to adapt the circulatory system to the correct functioning in a standing position, it is advisable to adopt a sitting position during the last 2-3 minutes of sauna time in the sauna, it is advisable to assume a sitting position with your legs lowered.
13. At each stage of using the sauna, make sure your body is warmed up and cooled down sufficiently.
14. Sauna bathing should always be completed with sufficient cooling of the body with water - the use of soap is not recommended.
15. Physical exercise is not recommended during and immediately after using the sauna.
16. After using the sauna, it is recommendable to rest for about 20-30 minutes in order to adapt the body temperature to the environment. It is advisable to drink moderate amounts of fluids (about 0.5-1 liters), preferably mineral waters or fruit juices, during this time.
17. People using the sauna who feel unwell during the session are obliged to stop the session immediately and notify the Royal Tulip Warsaw Centre staff.