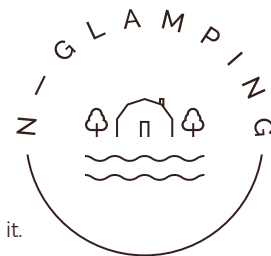


RULES OF N-GLAMPING SAUNA



1. The dry sauna is an integral part of GLAMP VILLA, and the rules of N-Glamping and these regulations apply to it.
2. Before turning on the sauna, please ensure that no items are left on the stove.
3. Before entering the dry sauna, it is necessary to thoroughly wash the body and dry off.
4. The sauna needs about 30-40 minutes to heat up to a temperature of 80 degrees. The sauna should be turned on using the switch outside. After the session, the sauna must be turned off.
5. In the dry sauna, use your own towel to avoid direct contact between the body and the wooden surface, and leave pool footwear outside the sauna.
6. A maximum of 8 people can be in the sauna simultaneously.
7. While in the sauna, it is not allowed to apply any creams to the body and face.
8. In the dry sauna, the following are prohibited:
 - Bringing in and using mobile phones and any devices for image or sound recording
 - Touching and manipulating electrical and heating devices
 - Damaging or destroying equipment
 - Behaving in an improper or socially unacceptable manner
 - Using the sauna with earrings, jewelry, chains, watches, glasses, and contact lenses.
9. The dry sauna is not for use by individuals:
 - Suffering from any skin condition and other illnesses for which the use of the sauna is contraindicated by a doctor (e.g., cold, flu, fever, fungal infections, skin diseases, acute phase of rosacea, hypertension, hypotension, varicose veins, ulcers, kidney failure, lung diseases, asthma, venereal diseases, epilepsy, glaucoma, color blindness, heart diseases, acute and chronic conditions, thyroid issues, tumors, infectious foci, etc)
 - Pregnant women
 - Children under 16 without a guardian.
10. Pouring water or any chemicals on the stove is strictly prohibited.
11. For safety reasons, the permissible temperature in the dry sauna is 85°C.
12. The most beneficial treatment for the body is entering the sauna twice for about 15 minutes each time; longer stays may be hazardous to health.
13. After leaving the sauna each time, it is necessary to wash and cool off under a shower, adjusting the water temperature to one's preference. Rest and fluid replenishment are highly recommended during breaks and after the sauna session.
14. In case of any doubts regarding the health condition allowing the use of the sauna, consult a doctor.
15. 15. The sauna can be used by individuals whose conditions do not pose contraindications. N-Glamping is not responsible for health effects resulting from sauna use.

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