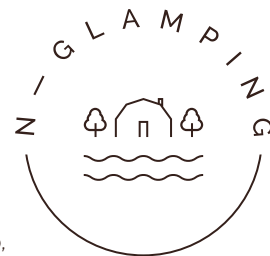


RULES

for using the HOT TUB

in THE GLAMP SPA ZONE



1. Familiarize yourself with the regulations before entering the GLAMP Hot Tub.
2. When using the GLAMP Hot Tub, it is imperative to strictly adhere to the rules of using the GLAMP Hot Tub, as well as to follow the instructions and information provided by the hosts.
3. Only the host/staff of N-Glamping is allowed to adjust the settings of GLAMP Hot Tub devices, especially the furnace settings.
4. Only completely healthy individuals are allowed to use the GLAMP Hot Tub.
5. Only adults are allowed to use the GLAMP Hot Tub. Minors may use the GLAMP Hot Tub only in the company and under the responsibility of an adult guardian. Children aged 4 to 18 may use the facility only under the constant supervision of a parent or guardian, at their risk. Children under 4 years old are not allowed to use the facility at all.
6. The hosts of N-Glamping do not provide any supervision of children and adolescents. The use of the GLAMP Hot Tub by a child or adolescent is solely at the risk of the parent or legal guardian.
7. Parents and legal guardians, as part of their duty to supervise the child, are responsible for any damages caused by wards who have not reached the age of 18.
8. Individuals staying in GLAMP Hot Tub declare full physical and health capability to undergo this type of treatments and assume responsibility for their health condition.
9. GLAMP Hot Tub users are obligated to adhere to order and maintain cleanliness in the used premises.
10. Do not touch the stove elements in GLAMP Hot Tub, both those protruding above the surface and those submerged in water; they can be very hot and may cause burns!
11. Before entering GLAMP Hot Tub, take a bath using soap to remove any cosmetics and dirt.
12. In GLAMP Hot Tub, do not wear glasses or contact lenses.
13. Use GLAMP Hot Tub in a cotton swimsuit.
14. Before entering GLAMP Hot Tub, remove all metal objects as they may cause burns.
15. One should not disturb others with loud conversations, music, etc.
16. After use and before getting dressed, take a moment to rest to allow your heart rate to return to normal. It is recommended to drink water to restore fluid balance in the body.
17. One session in the GLAMP Hot Tub should not last longer than 10 minutes. After each exit from the GLAMP Hot Tub, cool the body with cold water. Rest for 10-15 minutes before the next entry.
18. Staying in the heated GLAMP Hot Tub for an extended period causes an increase in body temperature, which can be dangerous.
19. Do not use GLAMP Hot Tub on an empty stomach or after a heavy meal (hot tub baths should be taken one or two hours after a meal, depending how heavy it was).
20. Avoid using GLAMP Hot Tub directly after increased mental or physical exertion or when not in full physical or mental capacity.
21. Before and during the bath, absolutely refrain from consuming alcoholic beverages; drink water, herbal teas, or juice.
22. In the GLAMP Hot Tub and its vicinity, one should walk very carefully, as the Hot Tub and steps may be slippery.
23. Before using the hot tub, make sure it is absolutely safe for you. It is recommended to seek medical advice regarding any potential restrictions on using the GLAMP Hot Tub due to health conditions.
24. Healthy individuals or those whose conditions do not pose contraindications can use the GLAMP Hot Tub.
25. The following individuals are not allowed to use the GLAMP Hot Tub:
 - Those with heart problems, high blood pressure, and vascular diseases;
 - Those with thyroid issues, claustrophobia, epilepsy, rheumatic conditions, tumors, acute infections, and asthmatic conditions;
 - Pregnant women and those during menstruation;
 - Elderly individuals, weakened individuals, and those in an intoxicated state;
 - Individuals immediately after intensive endurance training,
 - Individuals with other contraindications based on their health condition.
26. Using the GLAMP Hot Tub is at the user's own risk.
27. The following actions are prohibited on the GLAMP Hot Tub premises:
 - Entering in clothing and footwear,
 - Performing cosmetic treatments,
 - Making noise and engaging in loud conversations,
 - Bringing in dishes, food, and any items from outside,
 - Bringing in alcoholic beverages,
 - Bringing in glass, ceramic, and sharp objects,
 - Inappropriate or generally recognized as indecent or offensive behavior,
 - Smoking tobacco and other substances, using e-cigarettes, taking drugs or other psychoactive substances,
 - Damaging or destroying equipment.
28. It is not allowed to enter the GLAMP Hot Tub after consuming alcohol, drugs, or taking strongly acting medications.

RULES

for using the HOT TUB in THE GLAMP SPA ZONE



29. Never sleep in the GLAMP Hot Tub. In the GLAMP Hot Tub, it is advisable to be accompanied by another person who can provide assistance in case of fainting.
30. After finishing the session, please inform the hosts via SMS or phone call (+48668503593).
31. Using the GLAMP Hot Tub implies that the person has familiarized themselves with and accepts all the above points of the regulations.

Relax and enjoy!

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