

## SAUNA USE REGULATIONS

1. Each person is required to read and the Regulations and comply with their obligations.

2. The Saunas and Wellness are subject to the Silence Zone.

3. The Marrakesh & SPA Wellness Zone consists of Finnish saunas and steam baths\*, the Oasis of Peace and the Salt Cave, the Swimming Pool, the Jacuzzi and the Tepidarium.

\*HAMAM BATH - in this room we perform the traditional Hamam treatment. The Turkish word hamam is the name of a bathhouse where a ritual of deep care and cleansing of the body is performed.

In a situation when there are no treatments and the hotel is very busy, in accordance with the arrangements with the Management, this room will be made available as a public room.

4. Sauna Zone, i.e. Finnish sauna and steam bath are available:

Monday to Friday from 15:30 to 21:30

Saturday from 10:30 to 21:30, Sunday from 09:30 to 19:30.

The price of the ticket/entrance includes one pool towel and one sauna bandana. Both are returned when leaving the zone to the appropriate containers at the reception. The price of renting an additional towel is PLN 10, the price of renting an additional sauna bandana is PLN 5.

5. The manager reserves the right to limit the availability of all or part of the sauna area.

6. Children and young people up to 18 years of age may use the Wellness Marrakesh & SPA area only in the company of adult guardians/parents.

Parents and guardians are obliged to enforce compliance with the regulations and rules in force here.

Children 0-4 are obliged to bathe in a special diaper.

7. Use of saunas in the Wellness Marrakesh & SPA area is only allowed for adults.

8. The sauna must be used naked, or with a loincloth wrapped around the body, which is intended for this purpose.

9. Stages of using the sauna: thorough washing and drying of the body, stay in the sauna for 8-15 minutes, quick cooling of the body with cold water (bucket of water, icefall).

Relax for approx. 15 minutes.

10. In dry saunas, you should sit on a towel so that your body does not have contact with the seat.

11. During a sauna session, it is prohibited to:

- bring in objects, jewellery, watches,
- bring in and consume alcoholic beverages and other substances with a similar effect,
- bring in and consume food,
- touch heating devices and technical equipment of saunas, enter the sauna in shoes,
- behave in a manner that is considered indecent, indecent or offensive,
- destroy sauna equipment, use devices contrary to their intended purpose,
- disturb the peace of other sauna users.

12. Contraindications to using the sauna:

- visible skin lesions, unhealed wounds, inflammation, fever,
- diseases of the circulatory and respiratory system, nervous system,
- consumption of alcohol or substances with a similar effect,
- persons after strokes, thyroid patients, epilepsy
- pregnancy, menstruation, breast stones

13. After using the sauna, you cannot use the jacuzzi, and physical exertion is not recommended.

14. Any doubts regarding the possibility of using the sauna should be consulted with a doctor.

15. If you feel unwell, stop using the sauna immediately and call for help.

16. In steam baths, do not approach places from which steam escapes. In the Hamam bath, this place is located directly opposite the entrance. The nozzle is located 18 cm from the floor. The hotel is not responsible for burns or other injuries.

17. It is forbidden to approach the stove in the steam bath and dry sauna. In the event of burns or other injuries, the hotel is not liable.

18. The facility managers are not liable for incidents resulting from improper use of the equipment.

19. Persons who do not comply with the provisions of the Regulations, their behavior endangers other users and do not respond to the employee's instructions may be removed from the facility without a refund of the ticket price.

20. For safety reasons, special seats should be used in the saunas and one should not move while using them. Failure to do so will result in the hotel not being liable for any injuries.

21. The manager is not liable for incidents resulting from failure to comply with the Regulations, recommendations of Wellness Marrakesh & SPA employees and for incidents related to the poor health of Guests.

22. The facility managers are not liable for incidents resulting from improper use of the equipment.

Hotel Management