

Rules for a pleasant moment of relaxation

- Children under 14 years old can enter the swimming pool only if accompanied by an adult.
- Children under 14 years old are not allowed to enter the SPA rooms.
- It is mandatory to enter the swimming pool wearing a bathing cap.
- In the sauna, we kindly ask you to put your towel before sitting or lying down. The use of the swimsuit is upon your choice, when not using it we kindly ask you to respect other people's sensibility and cover up with the towel.
- Before entering the swimming pool, the sauna or the steam bath, we kindly ask you to have a shower.
- Within the areas dedicated to the relaxation, we kindly ask you to be discreet and keep it quiet.
- In respect of other guests, it is forbidden to "reserve" the sunbeds with the towels.
- It is forbidden to enter the sauna and the steam bath with any food or drink.

For the love of the environment, please reuse your towel! Every day, we wash several unutilized towels: this is a waste! Please, help us taking care of the environment and our woods!

Sauna session: the right way

- **Before entering the sauna: always take a shower**

It is not only a matter of hygiene. A hot shower encourages and accelerates the perspiration. Dry your skin in order to enhance the blood floods.

- **If you start feeling sick, please exit the sauna!**

- **Short and intense instead of long and lukewarm**

Stay in the sauna between 8 and 15 minutes. Listen to yourself and let your wellbeing sensation determine the time of your stay in the sauna. During the last two minutes, sit on the bench in order to accustom the blood circulation to a standing position.

- **Important: how to cool down**

It's important to take a shower after coming out of the sauna.

- **Now take a break.**

Before going back to the sauna, you should wait for about 20 minutes. It is the ideal moment for a massage!

- **Drink, drink, drink!**

After a sauna, your body needs to be rehydrated.

- **2–3 sauna sessions a day are enough**

Being regular is important! 1-2 saunas a week, even in summer!

Why naked in the sauna?

There's a good reason why people enter the sauna with no swimsuit:

- **More benefits:**

the effects of the sauna are more efficient if you enter the cabin naked and with dry skin. This way, the warmth reaches the skin with no obstacle, letting the sweat evaporate. This leads to a cooling effect, which is very important for the body. This positive effect reduces if the sweat is absorbed by the swimsuit.

- **Healthy for the skin:**

the swimsuits keeps the body warm and humid, excellent conditions for the development of bacteria and fungus.

- **More comfort:**

the swimsuit is made with synthetic materials, and it is not comfortable to sweat while wearing it.