






# Sauna, Cold Plunge and Jacuzzi








## Regulations – Dworek Różany









### I. Availability Hours

-  The sauna, cold plunge and jacuzzi area is open daily from 2:00 PM to 9:00 PM.
-  Use is only allowed by prior reservation at the reception or by phone.
-  A technical break for cleaning and disinfection is scheduled between sessions.






### II. General Rules

-  The sauna, cold plunge and jacuzzi may be used by:
  -  Adults
  -  Children over 12 only under constant supervision of an adult
-  Forbidden for individuals:
  -  Under the influence of alcohol or intoxicants
-  With medical contraindications (e.g. heart disease, hypertension, pregnancy without doctor's approval)
-  With visible infectious skin conditions









### III. Guest Amenities

-  Comfortable changing room with lockers
-  Outdoor loungers for relaxation
-  Sandy beach – perfect for cooling down
-  Covered wooden terrace
-  Atmospheric evening lighting
-  On-site shower available









### IV. Cold Plunge Use Rules

-  Rinse off before entering (especially after sauna)
-  Be careful – surfaces may be slippery
-  No jumping, diving, or shouting allowed
-  Quiet and calm atmosphere is mandatory
-  Recommended time: up to 5 minutes





## V. Sauna Use Rules

-  Shower and dry yourself before entering the sauna
    -  Remove all jewelry and metal accessories
  -  Enter the sauna in a towel or natural fiber swimwear
  -  Silence and respectful behavior are required inside
  -  Do not pour water on the heater – control is staff-only
    -  One session should last a maximum of 15 minutes
- After the sauna:
-  Cool your body down (e.g. with a shower or plunge)
    -  Rest briefly before your next session




## VI. Jacuzzi Use Rules

-  Shower before entering
-  Clean swimwear is recommended
-  Jacuzzi is for relaxation – prohibited:
  -  Pouring drinks into the water
  -  Jumping or sudden movements
  -  Loud behavior or electronic device use
  -  Max session time: 20 minutes
-  Max number of users as per the unit instructions

## VII. Safety & Responsibility

-  Guardians are responsible for their children
  -  Use of facilities is at your own risk
-  Staff may refuse entry to those violating rules or posing a risk
-  Guests are financially liable for damages or pollution

## VIII. Additional Information

-  Towels and drinking water available at the reception upon request
  -  Please leave the area clean after your session
-  Rule violators may be banned from using wellness facilities