



For the full pleasure and a correct use of the saunas, we suggest our guests to follow these instructions:

1. The sauna is a naked area. Please do not wear a costume while you are in.
2. Do not use the sauna on full or empty stomach.
3. it is important to have a shower and to dry carefully before each sauna visit.
4. Heat your body before entering the sauna: starting with a hot footbath you will stimulate the sweating
5. Use the cabin sauna from 10 until 15 minutes according to your personal pleasure and physical conditions.
6. Cool down after the sauna: start refreshing your arms and legs with cold jets, then your back and chest – from the extremity to the heart – and at the end your head.
7. After the cool down and before the rest phase we suggest you to heat your feet and ankles with a jet of warm water.
8. Take a rest with the soft bathrobe; a good break should be at least 30 minutes long.
9. Repeat the sauna respecting every phase (warm up, cool down and rest) no more than three times.
10. For a correct use of the sauna you can also ask our team: they will be glad to inform you about its effects and contraindications.
11. The sauna is a relax area, please respect the peace!

P.S.: If you want to book massages or beauty treatments please contact the SPA reception.