

NATURAL

MEIRASPA

RETREAT

RULES FOR USING THE SAUNA

- The use of the Sauna is prohibited for minors under 18 years of age, unless accompanied by an adult
- The use is wholly responsible for misusing the equipment
- Do not touch the heater
- Do not place any liquids or object on top of the heater as it may cause a fire
- In case you feel náusea, diziness or uncomfortable, do not use the Sauna
- Always use the spoon to put water on the stones, don't use the bucket
- When pouring the water over the stones, keep away from the steam
- A shower must be taken prior to entering the Sauna
- Always use a towel when inside the Sauna
- We do not advise to exceed 15 minutes of use
- Make a 10-minute break, cooling off with a quick cold shower
- Always end the session with a cold shower and/or relax for a few moments
- Maximum capacity: 2 people
- Advised temperature: 80°C
- When using the equipment, make sure you are fully aware of its perfect operation, and respect it

Enjoy the Sauna safety!