

NATURAL

# MEIRASPA

RETREAT

## RULES FOR USING THE STEAM BATH

- The use of the Steam Bath is prohibited for minors under 18 years of age, unless accompanied by an adult
- Using the equipment on one's own responsibility
- We do not advise the use of this equipment if you are being in strong medication, unless your doctor approves it
- You should use the steam only if you feel comfortable inside the cabin. Time should not exceed - 15 minutes per session
- Always use a towel when inside the steam
- A shower must be taken prior to entry in the Steam Bath
- For your safety keep away from the steam nozzle (steam exit), as it may cause serious burns
- 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
- Recommended temperature: -45° C
- Please use the equipment with a clear conscience and respect for it's best function

Enjoy the Steam Bath!