

REGULATIONS FOR USING THE AROMATIC STEAM BATH

§ 1

1. These Regulations contain supplementary and specific provisions specifying the rules for using the aromatic steam bath (aroma bath) located in the sauna zone separated in the Chochołów Thermal Baths Facility.
2. The aromatic steam room is an integral part of the sauna area, and all persons using it are obliged to comply with both these Regulations and the Saunarium Regulations.
3. Each User is also obliged to strictly comply with the provisions of the main Regulations of the Facility.
4. In all matters not covered by these Regulations, the provisions of the other Regulations in force in the Chochołów Thermal Baths Facility., in particular the provisions of the main Regulations of the Facility, shall apply.
5. Each person using the aromatic steam bath must read the content of these Regulations before starting to use it and then comply with its provisions. It is also required to read the information boards available within the baths.

§ 2

1. The aromatic steam bath is available to Users authorized to use the sauna zone in accordance with the rules applicable in this zone, taking into account the following reservations.
2. The aroma bath is a steam bath with a temperature of 50 ° C and air humidity of up to 100 % and in which fragrance combinations of essential oils are used.
3. The aromatic steam bath can only be used by healthy people or people whose ailments are not contraindications to using this type of sauna.
4. It is not recommended to use the aromatic steam bath for:
 - people suffering from heart disease, hypertension and blood vessel diseases;
 - people suffering from thyroid, claustrophobia, epilepsy, acute rheumatic conditions, cancer, acute infections and asthmatic conditions;
 - people with fever;
 - women during menstruation and pregnancy;
 - those who are tired and intoxicated;
 - people who are allergic or sensitive to essential oils.
5. Using the aromatic steam bath is at the User's own risk. The Company and its Management are not responsible for the health effects of staying in the bathhouse.

§ 3

1. Before entering the aromatic steam room, you should:
 - take care of physiological needs;
 - remove all metal objects (especially jewellery), as they may cause burns to the body;
 - remove glasses and contact lenses (in the event of failure to comply with this requirement, the User must take into account the risk of damage to the glasses/contact lenses, for which the Company and its Management are not responsible if they occur);

- wash the whole body in the shower with soap, then wipe dry;
 - take off your pool shoes.
2. The aroma bath as a steam room should only be used naked, barefoot, without towels or other coverings.
 3. In the aromatic steam bath, touching or blocking the steam outlet is strictly forbidden.
 4. There may be a minimum of two people in the bathhouse.
 5. Any deterioration of well-being should be immediately reported to a staff member or lifeguard, or use the emergency button.
 6. All persons using the aromatic steam bath must strictly follow and comply with the instructions, commands and sound signals of lifeguards and employees of the sauna zone, as well as announcements made through loudspeakers.

§ 4

1. In the event of an accident caused by non-compliance with these Regulations, the User bears all responsibility.
2. All persons violating public order or the provisions of these Regulations will be removed from the bathhouse and the Saunarium area.
3. Saunarium zone and the main Regulations of the Facility.