

REGULATIONS FOR USING THE STEAM BATH

§ 1

1. These Regulations contain supplementary and specific provisions specifying the rules for using the steam bath located in the sauna zone separated in the Chochołów Thermal Baths Facility.
2. The steam room is an integral part of the sauna area, and all persons using it must comply with both these 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 other Regulations in force in the Chochołów Thermal Baths Facility shall apply, particularly the provisions of the main Regulations of the Facility.
5. Each person using the 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 steam room 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 temperature in the steam room is 50°C, and the air humidity is up to 100%.
3. The 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 steam room 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;
 - People who are tired and intoxicated;
 - people who are allergic or sensitive to essential oils.
5. The use of the steam room 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 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 steam room should only be used naked, barefoot, without towels or other coverings.

3. In the steam room, touching or blocking the steam outlet is strictly forbidden.
4. There can be a minimum of two people in the sauna.
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 steam bath are obliged to strictly follow and comply with the instructions, commands and sound signals of the lifeguards and employees of the sauna zone, as well as messages given 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, as well as from the Saunarium area.
3. Saunarium zone and the main Regulations of the Facility.