

REGULATIONS FOR USING THE SALT AND HERBAL SAUNA

§ 1

1. These Regulations contain additional and specific provisions specifying the rules for using the salt and herbal sauna located in the sauna zone separated at the Chochołów Thermal Baths Facility.
2. The salt and herbal sauna is an integral part of the sauna area, and all persons using it are obliged to comply with both the provisions of these Regulations and the Regulations for using the Saunarium.
3. Each User is also obliged to strictly comply with the provisions of the main Regulations of the Facility.
4. In all matters not regulated in these Regulations, the provisions of the other Regulations applicable at the Chochołów Thermal Baths Complex shall apply, in particular, the provisions of the main Regulations of the Facility.
5. Each person using the salt and herbal sauna is obliged to read these Regulations before using them and to comply with their provisions. It is also required to read the information boards available in the sauna area.

§ 2

1. The salt and herbal sauna is available to Users authorised to use the sauna zone, in accordance with the rules applicable in this zone, taking into account the following reservations.
2. The salt and herbal sauna is a dry sauna with a temperature of up to 60°C and air humidity of up to 50%, using salt lumps and brine solutions, as well as combinations of essential oil scents.
3. The salt and herbal sauna can only be used by healthy people or people whose ailments do not constitute contraindications to using this type of sauna.
4. It is not recommended to use a salt-herbal sauna for:
 - people suffering from heart disease, hypertension and blood vessel diseases;
 - people suffering from thyroid disease, 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 salt and herbal sauna is at the User's own risk. The Company and its Management are not responsible for the health effects of staying in the sauna.

§ 3

1. Before entering the salt and herbal sauna room, you should:
 - meet physiological needs;
 - remove all metal objects (especially jewellery), as they may cause burns to the body;
 - remove glasses and contact lenses (if you do not comply with this requirement, the User must take into account the risk of damage to glasses/contact lenses, for which, if it occurs, the Company and its Management are not responsible).

- wash the entire body in the shower with soap and then wipe dry;
 - take off your pool shoes.
2. A minimum of two people can stay in the sauna.
 3. In the salt-herbal sauna, a dry sauna, you should sit on a towel and place your feet on it. The towel should be placed so that no body part comes into contact with the seat surface.
 4. Touching the cauldron in the salt and herbal sauna and throwing any objects into it is strictly prohibited (this may result in burns and destruction of the cauldron). It is also prohibited to use herbs, liquids, essences, oils and other substances brought from outside.
 5. Any deterioration in well-being should be immediately reported to a service employee or a rescuer or use the alarm button.
 6. All persons using the salt and herbal sauna are obliged to strictly follow and comply with the instructions, commands and sound signals of rescuers and sauna area employees, as well as messages given by loudspeakers.

§ 4

1. In the event of an accident caused by failure to comply with these Regulations, the User bears all liability.
2. All persons violating public order or the provisions of these Regulations will be removed from the sauna and from the Saunarium area.
3. Other basic rules for using the Facility and the rules of responsibility and obligations of Customers are regulated in the Regulations for using the Saunarium zone and the main Regulations of the Facility.