

# SAUNA & STEAM BATH

PLEASE READ SAUNA | STEAM BATH RISKS, BENEFITS AND CONDITIONS OF USE PRIOR TO YOUR SPA VISIT & SESSION.  
**RISKS, BENEFITS AND CONDITIONS OF USE WILL BE DEEMED KNOWN AND ACCEPTED BY ALL SPA USERS.**

## SAUNA

### BENEFITS

Relaxation and well-being.  
 Strengthens the natural defenses (stress and infections).  
 Energizes the circulatory system and exerts a toning action on the skin.  
 Improves respiratory function, especially in case of asthma and chronic bronchitis.  
 Relieves joint pain (inflammatory rheumatism such as osteoarthritis, rheumatoid arthritis).  
 Relieves muscle tension and fibromyalgia.  
 Decreases certain dermatological conditions (psoriasis).

### CONTRAINDICATIONS

Unstable angina.  
 Recent myocardial infarction.  
 Severe aortic stenosis.  
 Any coronary disease.  
 Myocardial necrosis.  
 All serious pathologies (cancer, myocardial infarction).  
 All acute infections (influenza or bronchitis).  
 Taking certain medications just before entering the sauna (especially hypertensives) or after food.  
 Eczema and atopic dermatitis.

## HAMMAM

### BENEFITS

Relaxation and well-being; induces torpor beneficial to sleep.  
 Cleansing of the skin: eliminates toxins and bacteria present on the skin.  
 Decongests sinuses and improve breathing.  
 Relieves muscular pains and tensions.  
 Followed by a fresh shower: improves blood circulation.

### CONTRAINDICATIONS

Pregnancy.  
 Heart disease.  
 Respiratory diseases.  
 Skin disorders.  
 After food.  
 Mycoses or Mycotic tendencies.  
 Acute infections (fever, influenza or bronchitis).

IF YOU ARE UNSURE ABOUT USING THE SAUNA OR STEAM BATH, PLEASE **CONSULT YOUR PHYSICIAN OR ABSTAIN**.  
 PLEASE PICK ONE OR THE OTHER OPTION AS IT IS NOT RECOMMENDED TO DO BOTH AT THE SAME TIME.  
 IN ANY CASE, **LISTEN TO YOUR BODY**: STEP OUT AS SOON AS YOU FEEL UNCOMFORTABLE.

## CONDITIONS OF USE

### SAUNA



**Preparation:** Please arrive showered and with a swimsuit.  
**Sauna:** on a large towel (8-12 min).  
**Open air bath** (walk and breathe) + **cold water application** (outside pool shower) (8-12 min). Dry off.  
**Relaxation time:** lounge or relax chair (10 min).

### HAMMAM

**Preparation:** Please arrive showered and with a swimsuit.  
**Steam Bath:** sit on a small towel (10-15 min), avoiding any back and forth.  
**Optional Coldwater application** (outside pool shower) (5 min). Dry off vigorously.  
**Relaxation time:** lounge or relax chair (10 min).

PLEASE RESPECT THE **SILENCE** OF THE SPA RELAXATION AREA DURING YOUR SAUNA | STEAM BATH SESSION.

MAKE SURE TO **KEEP THE SAUNA OR STEAM BATH DOOR CLOSED** DURING AND AFTER USE. AT THE END OF THE SESSION, WE INVITE YOU TO **LEAVE THE SPA AND THE SHOWER ROOM IN PERFECT CONDITION** (DRY FLOOR, DIRTY TOWELS IN THE LAUNDRY BASKET).

ANY **CLEANING SERVICE** THAT MAY BE NECESSARY FOLLOWING YOUR SESSION WILL BE **CHARGED AT EXTRA COST**.

WE THANK YOU FOR YOUR ATTENTION AND COMPLIANCE.