

**Rules of Conduct
in the Sauna Bath
of the Art-Hotel "Pushkino"**

**Approved by the Order
of the Director General**

26 февраля 2019, No. 39



General Provisions.

1. The Visitor can visit the sauna bath after pre-registration at the reception and 100% payment according to the price list.
2. Administration of a complex in the right to refuse visit of a complex without explanation. The payment does not return.
3. The Visitor is responsible for property or equipment damage and is obliged to pay for damage according to the price list.
4. If the Visitor detects any defects before the session, he/she is obliged to immediately notify the administrator about it.
5. The Visito is obliged to keep the sauna room clean and in order. It is advisable for Visitors to stay in special shoes (flip-flops, beach slippers, etc.) to meet the requirements of private hygiene.
6. The administration of the complex is not responsible for personal belongings of the Visitor (jewels, watch, money, etc.)
7. The time of changing clothes is included in the cost of the paid session. 15 minutes before the end of the session, the administrator warns the Visitor that the time of stay in sauna bath is running out.
8. The Viitor is obliged to leave the sauna bath after the end of the session. Overtime stay in the sauna bath, is paid as an additional charge for every half an hour of overtime.
9. The Visitor can extend the time spent in the sauna bath, notifying the administrator about this and paying for the subsequent session, if the time of the subsequent session is available.
10. Visitors should respect the service personnel, persons responsible for maintaining order, each other and also should respect the rest of other visitors.
11. Smoking is allowed only outdoors, in a specially designated smoking area.
12. After taking a steam-bath with brooms, Visitors must take a shower.

Children under 16 should not be in the sauna bath, unless accompanied by adults!

Recommended:

1. The temperature in the steam room should be at least 80-95°C.
2. Before entering the steam room, you need to shower and wipe yourself dry. Do not wet your head before entering the steam room to prevent overheating of the head.

3. Start with the lower steps, gradually moving to the upper ones. You can sit and lie on the steps, lifting your legs slightly above the level of the head. You need to wear a light woolen cap or a synthetic handkerchief on the head.

4. A steam bath of 5-7 minutes will be enough for the first time. Each subsequent entry is increased by 2-3 minutes. Usually the entire steam bath procedure takes 2-3 hours, although the overall stay in the steam room should not exceed 35-40 minutes.

5. Short-term cooling for 5-12 minutes and rest for 15-20 minutes. The important moment for the skin after steam bath procedures is washing away sweat from the body. The skin cools down in about 3-5 minutes after you leave the steam room and starts absorbing everything that is on it inside the organism. It is necessary to take warm shower with soap immediately after taking the sauna bath and wipe yourself dry with a towel. You should shower after every entry to the steam room.

6. During rest, you should drink hot tea, herbal infusion or mineral water to maintain sweating.

7. Take such 2 or 3 cycles.

8. Visiting the sauna bath ends with rest for 30-40 minutes.

Not recommended:

1. Do not allow sudden changes in temperature, if you are not prepared for this.

2. Moreover, the rules of taking a steam bath prohibit a person from being in a steam room in a state of alcohol intoxication. This causes great stress on all organs, including the heart, and blood pressure rises. The same effect occurs from eating before visit to the sauna bath or visiting it before going to bed.

3. Making more than 3-5 entries.

4. Enter the sauna bath with a wet body, tired or hungry.

5. Take a contrast shower before entering the sauna bath.

IT IS STRICTLY PROHIBITED:

- to leave pre-school and primary school children in the pool and sauna bath without adult supervision;
- to jump into the pool from the side board;
- to use washing materials in glass containers;
- to pour oil and other substances into the pool and onto electric heating elements;
- to spray aerosol materials in the sauna bath;
- to smoke;
- to use the pool after visiting the steam room without taking a shower!

Administration is entitled to deny further attendance of the sauna bath to careless visitors and visitors violating the rules of the sauna bath, without explaining the reason for denial. In case of violation of the rules of conduct in the sauna bath, as well as forced removal of the visitor from the sauna bath, repayment for the unused time will not be made.