

# SAUNA INSTRUCTIONS



IMATRAN TALVIUIMARIT RY

- ❖ There is lockers for valuables in the dressing room. Imatran Talviuimarit is not responsible for clothes or valuables left in the dressing room.
- ❖ Swimsuit must be on in shared sauna
- ❖ Change into your swimsuit in the dressing room.
- ❖ Take a shower or a quick swim before going to sauna.
- ❖ Watch out for a slippery floor! Walk calmly.
- ❖ Don't jump to the water. Swimming alone is not recommended.
- ❖ Using a seat cover in sauna is recommended.
- ❖ Be considerate of others when throwing water to sauna stove.
- ❖ Using bath brooms is forbidden.
- ❖ Foot and body treatments are not allowed.
- ❖ Children are under the responsibility and supervision of their parents in the sauna.
- ❖ Maximum sauna- and swimming time is 1,5 hours.
- ❖ Coffee and tea are available. Put the coffee fee you deem appropriate in the money box. There is also soft drinks for sale.
- ❖ Consuming alcoholic beverages is prohibited.