



# FLORA

Spa & Wellness

## OUR GUIDE TO A RELAXING EXPERIENCE

### **1. Hygiene & Preparation**

- Please shower before using the sauna, steam room or pool.
- Please wear clean swimwear or use clean towels.

### **2. Consideration for other guests**

- Please speak quietly – the wellness area is designed for relaxation.
- No loud conversations, phone calls or mobile phone use.
- Children under 16 are not permitted in the sauna areas.

### **3. Sauna & steam room rules**

- Use a towel as a seat cover.
- Maximum 8–15 minutes per sauna session – be mindful of your circulation.
- No food or alcohol in the sauna or relaxation areas.
- Take breaks between sauna sessions and drink plenty of fluids.

### **4. Relaxation and lounging areas**

- Cover loungers and seating with a towel.
- Be considerate of others – no disruptive noises or activities.

### **5. General conduct**

- Enjoy the peace and quiet; consciously switch off and relax.
- Cool down sufficiently after a sauna session or treatment.
- Have a drink – particularly water or tea.

### **6. Emergencies & Contact**

- You can reach us at any time by telephone on 92 at reception.
- Emergency buttons are available in the saunas should you require assistance.