

GUEST USER MANUAL – FINNISH SAUNA

Villa Amalia – Wellness, Safety and Elegance

1. Introduction

Welcome to our Finnish sauna, designed to offer you a moment of deep relaxation and detoxification. Please read the following guidelines to ensure a safe and pleasant experience.

2. Safety Rules

2.1 Supervision

- Children under 12 years are not allowed.
- Teenagers may use the sauna only under adult supervision.

2.2 Health Conditions

- Sauna use is not recommended for:
- People with heart problems or high/low blood pressure
- Pregnant women
- Individuals with fever, epilepsy, or recent surgery
- Persons under the influence of alcohol or drugs

2.3 Behavior

- No running, shouting, or inappropriate behavior
- Do not use oils, creams or lotions inside the sauna
- Respect the peace and privacy of others

3. Before Entering the Sauna

3.1 Shower Required

- Take a full shower with soap to remove sweat, perfumes or body products.

3.2 Clothing

- Sauna is to be used naked or wrapped in a clean towel.
- Do not wear swimwear, as it may release harmful substances when heated.

3.3 Personal Items

- Remove jewelry, glasses, watches, and contact lenses.
- Bring a towel to sit on and one for drying after use.

4. During Use

4.1 Capacity

- The sauna is designed for maximum 2 people.

4.2 Recommended Session

- Stay inside for 8 to 15 minutes per session.
- You can repeat up to 2–3 sessions, with rest and hydration in between.

4.3 Temperature

- The sauna operates at 70°C to 90°C (158°F to 194°F).
- Do not change the temperature settings.

4.4 Hydration

- Drink water before and after each session.
- Avoid cold showers immediately after exiting the sauna.

5. After the Sauna

- Exit slowly to avoid dizziness.
- Take a warm shower and rest for at least 10 minutes.
- Rehydrate well.
- Dry off completely and leave the area tidy.
- Turn off the sauna if it was manually activated.

6. Technical Assistance

+39 328 31 48 280

Available daily from 08:00 to 22:00

7. Additional Information

- Access is allowed 24/7.
- Sauna sessions should not be combined with alcohol or heavy meals.
- Respect the facilities and fellow guests.
- Use the sauna at your own risk. Any misuse will be charged.