DAS WINZER

Sauna

Please read before first use

Hours and booking

Open daily from 7 am to 10 pm.

Please put your name in the calendar on site before using the sauna. That way everyone in the house knows when it is in use.

Maximum 4 people at a time.

For residents of the house only. Visitors from outside only with prior permission.

Using the sauna safely

Over 18s only.

Check your own fitness and limits beforehand. If unsure, seek medical advice.

No entry with infections or open wounds, or under the influence of alcohol, drugs or medication.

Using the sauna alone is allowed but not recommended. Take your phone with you to the relaxation area.

Caution

- Never put or throw anything on the stove – **fire risk**.
- No alcohol in infusions.
- No essential oils directly on the stones.
- Only water and the infusion products provided.
- No food and no alcohol.
- Drinks in resealable bottles only. No glass.

The stove is hot. Floor and steps are slippery. Move slowly.

How it works

- Shower first and dry off well.
- Sit on a towel – and put one under your feet too.
- No clothing, jewellery, watch or glasses – as is customary in Austria.
- Recommended: first session 8 to 10 minutes at most.
- Afterwards, cool down and rest for at least as long as the session itself.
- Drink plenty.

If you feel dizzy, sick or your heart is racing: leave immediately.

Switching on and off

You switch the sauna on and off yourself. Instructions are provided on site.

Please switch the sauna off after your session. If you are unsure whether it is off: check. If in doubt, let us know – better once too often.

Towels

Please bring your towels from your suite. None are provided here.

You will need at least two: one to sit on in the cabin, one to dry off.

After your session

- **Switch off the sauna.**
- Take your towels with you.
- Wipe the benches dry.
- Leave your calendar entry in place.

EMERGENCY

112 Fire, ambulance, police

144 Ambulance

FIRE EXTINGUISHER
next to the sauna

FIRST AID KIT
in the mirror cabinet

Questions?

+43 1 894 52 51 booking@daswinzer.at