Spa & Sportclub

Sauna & Bathing etiquette

To ensure that your visit at centrovital is as pleasant as possible, we ask you to demonstrate mutual respect and adhere to the rules below:

Safety *- Persons under the age of 16 have to be accompanied by a competent adult. Should you feel unwell during your sauna visit, please leave the sauna immediately and let your body cool down slowly. Pregnant women, persons with high blood pressure, heart conditions or other medical issues should consult their doctor about possible risks prior to using the sauna area. Please notify our staff in case of emergency.*

Clothing and Hygiene *- Please shower prior to using the pools, the plunge pool and the saunas as well as after each sauna use. Clothing must be worn in the bathing area. The use of saunas and steam baths is only permitted without any clothing. For hygiene reasons, we ask you to place a large towel underneath yourself. Shaving is not permitted in the showers or in the sauna cabins. The use of peelings or other cosmetic products in saunas and steam baths is not allowed. For hygiene reasons and your own safety you must wear bathing slippers at all times during your visit to the spa and sauna area.*

Sauna Infusions *- Please respect the peace and quiet of other guests during this ceremony. Access to saunas is not permitted once the infusion process has started. Our staff members are happy to provide you with information. They are knowledgeable about the beneficial and healthy application of infusions.*

Rest and Relaxation *- We would like you to relax in our saunas peacefully and quietly. Please always remember: Other guests may feel disturbed by lengthy conversations. Electronic devices (mobile phones, cameras, laptop computers) are not permitted anywhere in the Spa area.*

Reservation of Seats and Loungers *- It is not permitted to reserve seats and loungers. We would like all guests to enjoy our seats and loungers; hence our staff will vacate any reserved seating.*

Bag storage and deposit boxes *- Please leave your bags in the change rooms, except for small wash bags. Valuables (e.g. wallets, mobile phones, cameras and laptop computers) may be placed into one of our deposit boxes. We do not assume liability for any items stored in the change room lockers. We recommend that you wear your locker key on your wrist at all times.*

Food and Beverages *- For safety reasons, it is not permitted to take any drinks, glass bottles or food into the Spa & sauna area.*

Please adhere to the information and directives provided by our staff.

Should you have any queries, please do not hesitate to ask our staff.

In case of overcrowding, due to our domestic authority, we exercise the property right to restrict access to our pool and sauna area for safety reasons.

centrovital
SPA & SPORTCLUB