

Wellness House Rules

Footwear in the Spa Area

-  Street shoes are only permitted in the spa entrance area
-  No street shoes in the spa & wellness area
-  Please wear bath or sauna slippers

Towels & Lockers

-  One sauna towel & one shower towel per guest (on loan)
-  Provided via the locker with your room number
-  One locker per room
-  Please place used towels in the grey laundry bins

Finnish Sauna – approx. 90 °C (classic sauna temperature)

-  Shower before each sauna session, always use a sauna towel
-  Textile-free area
-  8–15 minutes per sauna session recommended
-  Cool down, rest & drink afterwards

Infrared Sauna – approx. 55 °C (gentle deep heat)

-  20–30 minutes per session are sufficient
-  Start slowly, sit calmly
-  Drink enough fluids afterwards

Outdoor Whirlpool – approx. 32 °C (body-warm)

-  Please shower briefly before use
-  No glasses, food or drinks
-  Be considerate of other guests
-  Automatic shut-off after 30 minutes

Relaxation Area

-  Area for resting and relaxation
-  Please refrain from using mobile phones

Toilets

-  Not located inside the spa area
-  Directly opposite the spa entrance

 Thank you for your consideration!

Your Bodetaler Team