PRESTIGE
HOTEL BUDAPEST ****Superior

SAUNA RULES

Finnish sauna temperatures: 85 - 95 °C

The maximum capacity of the sauna: 4 persons

- Guests must use the Relax Room area at their own responsibility, according to the designated purpose, and with consideration for their health and physical status.
- To make sure that your personal belongings are safe, please leave your valuables in your room safe.
- The Relax Room area is not a naturist area; we therefore kindly ask you to wear a bathing suit or sauna sheet.
- We provide our guests with sauna sheets, which we kindly ask you to leave in the containers at the sauna area after use.
- The use of the sauna is not recommended if you have any of the following conditions: contagious illnesses, fever, malignant tumours, thrombosis, bronchial asthma attacks, circulatory disorders involving cardiac failure, chronic high blood pressure.
- It is of common interest to keep the sauna clean, so we kindly ask you to only use it after taking a shower.
- Please make sure not to sit or lie down on the wood naked. Place the sauna sheet on the seat so that the whole body fits on it, thus avoiding direct contact with the wood.
- Please leave slippers outside the sauna next to the door.
- Never sit on the benches wearing slippers.
- Using the sauna is a meditative and relaxing experience; please do not disturb other guests with loud speech.
- Please make sure you always close the sauna door behind you.
- It is always hottest on the top seats. We kindly ask beginners to use the lower levels.
- It is forbidden to consume food or drinks in the sauna.
- Children under 14 years of age may only use the saunas under the supervision and at the responsibility of parents.
- We kindly call our guests' attention to the fact that it is dangerous to use the sauna while under the influence of alcohol or drugs; therefore, the hotel staff reserves the right to refuse entry to the Relax Room & Fitness in such cases.

The Management of Prestige Hotel Budapest