



SAUNA: Kayak Beach Bar

Operating rules and booking conditions

How to book a place in the sauna?

Via the online booking system at www.kayakbeachbar.cz, where you can check if a place is available on the given day and time. You can also call the contact number.

The sauna can be booked for a minimum of 1 hour, and then for intervals of 30 min. The price for every 30 minutes is 95 CZK. You can borrow sheets and towels for 30 CZK per item.

The sauna can also be booked for private use. The basic price for private sauna sessions is 1,350 CZK per hour for 2 people. Other fees as per the valid price list on the website.

If you do not show up at the time of your booking without an adequate excuse, you will be charged a CANCELLATION FEE of 190 CZK. If you booked a private sauna, the CANCELLATION FEE is 1,350 CZK.

Sauna visiting rules:

- Wash with soap before entering the sauna. Wash your hair only before the last session.
- Wipe the water from the surface of your body before entering the sauna.
- Bring only a sheet or towel to sit or lie on. It is inappropriate to sit as you would on a chair. This can lead to dizziness or headaches.
- In the sauna, spread a towel or sheet under your entire body, including your feet.
- Do not talk in the sauna, just relax.
- You can breathe through your nose and mouth in the sauna. Cover your nose and mouth with your hands if you feel the air burning when you breathe. Breathe at the normal rate you are used to.
- Leave the sauna after the recommended period of time or if you feel a burning sensation in your earlobes, tip of your nose or nipples.
- After warming up thoroughly, rinse off the sweat and cool down in the shower. We recommend cooling your head as well, or at least the nape of your neck.
- Stay in the relaxation room for at least 20 minutes. At this stage, do not forget to properly replenish fluids.
- Repeat the hot/cold procedure at least 3 times. After the last cool down, rinse with lukewarm water but do not use soap.

KAYAK BEACH BAR - phone 737 502 506 / www.kayakbeachbar.cz / naplavka@kayakbeachbar.cz