**  
PLEASE RESPECT THE LAW OF THE SAUNA  
  
BOOK BEFORE USE!**

GROUP BOOKING THROUGH OUR HOME PAGE, 1-8 PAX FOR 1 HOUR AND 45 MIN.

**NO GLASSWARE INSIDE THE SAUNA**

We can give you paper or metal cups if you need.

**DO NOT BRING YOUR OWN FOOD OR DRINKS**

We have plenty of delicious options in the blue house.

**DO NOT SCREAM WHEN YOU JUMP IN THE WATER**

Please respect our neighbours.

**DO NOT TAMPER WITH THE THERMOSTAT** (it keeps breaking)

If you want it warmer, put water on the stones,

or open the door to cool it down if needed.  
  
**REMEMBER THAT IT IS A SAUNA, NOT A STEAM ROOM**you can put water on the stones, but keep it to one small scoop at a time.

**SIT ON YOUR TOWEL INSIDE THE SAUNA AND LEAVE YOUR SHOES OUTSIDE**

**LEAVE YOUR BELONGINGS ON THE SHELVES TO THE RIGHT OF THE SAUNA**

or inside the sauna, but please not scattered around on tables. belongings are left at your own risk.

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**INFO**

**OPEN DAILY FROM 8**

We heat it up before the first group arrives.

**ONLY BOOKING THROUGH OUR WEBPAGE**

Walk-in possible if the sauna is available.

**SWIMMING?**

The official city swimming zone is located at La Banchina's dock inside the yellow line. Swimming outside is at your own responsibility.

A red light indicates poor water quality,

**SWIMWEAR OR NOT TO SWIMWEAR?**

Naked or not - whatever feels right!

**YOUR BELONGINGS?**

Clothes can be kept on the shelf outside, or in the front room of the sauna at your own risk.

**STAY HYDRATED**Bring a water bottle. You can fill it up with the garden hose or with the tap on the dock.