



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.



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.

