

Regulations
of the use of the Sauna & Wellness Zone

§ 1

1. The Sauna & Wellness Zone (hereinafter referred to as the “Sauna & Wellness Zone” or the “Sauna & Wellness World”) is located within the area of the Malta Thermal Baths Complex (hereinafter referred to as the “Complex”).
2. The Sauna & Wellness Zone consists of a sauna area and a wellness area.
3. These Regulations (hereinafter referred to as the “Regulations”) set out the rules for the use of the Sauna & Wellness Zone.

§ 2

1. Before the entrance to the Sauna & Wellness Zone there are free lockers at the reception where you can leave small items.
2. The Sauna & Wellness Zone is a place of silence and relaxation for body, mind and soul.
3. In the Sauna & Wellness Zone it is forbidden:
 - a. to speak loudly, to shout and to behave in any other way that may disturb other people,
 - b. to behave in a way that may cause embarrassment to others, in particular sexual intercourse and other acts that may be considered indecent according to the provisions of the Penal Code,
 - c. to bring or use cameras, mobile phones or other similar devices, especially those that record or reproduce sound or images,
 - d. to bring valuables,
 - e. to bring bags, rucksacks, sacks, cosmetic bags, etc., although it is permitted to use transparent cosmetic bags that allow the contents to be identified,
 - f. to bring and use own liquids, essences, oils or other similar substances,
 - g. to bring and consume own food and drinks,
 - h. to enter the saunas and baths during the steam ritual,
 - i. to place any objects on or near the ovens, in particular towels, dressing gowns, etc.,
4. The use of the Sauna & Wellness Zone is only permissible for persons over the age of 18 and whose health and well-being so permit, in particular for healthy persons or persons whose ailments do not constitute a contraindication to the use of the sauna and treatments.
5. The use of the Sauna & Wellness Zone is not permitted to persons who are ill or feel unwell, in particular to persons:
 - a. with heart diseases, hypertension, vascular and thyroid diseases,
 - b. with claustrophobia, epilepsy, acute rheumatic conditions,
 - c. with tumours, acute infections and asthmatic conditions,
 - d. with increased body temperature,
 - e. women during menstruation and pregnancy, subject to the provisions of § 3 of the Regulations.

6. Any injuries, health problems or deterioration in well-being must be reported immediately to the staff of the Sauna & Wellness Zone.
7. The operation of the equipment in the Sauna & Wellness Zone, in particular the ovens, may only be carried out by persons employed by the Complex.
8. The Sauna & Wellness Zone is a non-textile area without swimwear. Acceptable coverings are bathrobes, towels and sheets. There is an additional changing room at the entrance to the Sauna & Wellness Zone.
9. In the common areas of the Sauna & Wellness Zone, in particular in the bar “Po Seansie”, the café on level -1 and the passageways, excluding the dry saunas, steam saunas (baths), showers, cooling pools and jacuzzi, you should cover your body with a towel, bathrobe or a sheet, including covering the intimate parts of your body.
10. Before entering the dry saunas and steam saunas (baths) you must:
 - a. thoroughly wash your entire body in the shower and then wipe dry,
 - b. take off your swimming shoes,
11. Before entering the dry saunas and steam saunas (baths) it is recommended to:
 - a. remove metal objects,
 - b. take off your glasses.
12. It is recommended to stay naked in the steam saunas (baths). The use of sheets is allowed, but they must not be used afterwards in the dry saunas or on the recliners and seats. It is forbidden to take bathrobes and towels into the steam sauna (bath). Before the first contact with the seat in the steam sauna (bath) and after leaving the seat, it must be rinsed with water.
13. All pools in the Sauna & Wellness Zone must be used naked, especially the cooling pools and the jacuzzi.
14. When sitting or lying on the recliners and seats in the dry saunas, it is necessary to place a towel under the entire body (also under the feet) in order to avoid direct body contact with the backrests, seats and recliners.
15. After leaving the dry and steam saunas (baths), you should wash your whole body thoroughly in the shower and then dry off.

§ 3

1. Prior to the start of a massage, Rasoul or Hammam ceremony, the client is required to complete a questionnaire providing personal details and full information about his/her health. The client's questionnaire includes consent for the processing of personal data and any marketing consent.
2. A pregnant woman may undergo a massage, Rasoul or Hammam ceremony, provided that she submits an additional written statement regarding her state of health and her voluntary submission to the treatment.
3. A client who gives false information about his/her state of health or conceals this information shall undergo the treatments and ceremonies at his/her own risk.

4. If an employee of the Sauna & Wellness Zone considers that the client's state of health constitutes a contraindication to the performance of treatments or ceremonies, he/she has the right to refuse to perform the service or to interrupt it.

§ 4

1. Any comments and objections (complaints) concerning the Sauna & Wellness World should be reported by telephone to 61 222 61 61 or to the following e-mail address: bok@termymaltanskie.com.pl.

2. The use of the Sauna & Wellness Zone implies acceptance of the provisions of these Regulations.

3. In the event of failure to comply with the provisions of these Regulations or the instructions of the Sauna & Wellness World staff, the client may be asked to leave the Zone or the Complex or may be removed from the Zone or the Complex without the right to claim a refund of any fees paid or costs incurred.

4. Persons who have previously violated these Regulations may be refused access to the Zone by the staff of the Sauna & Wellness World.

5. In case of any discrepancy between the provisions of these Regulations and the General Regulations of the Complex, the provisions of these Regulations shall prevail.

6. These Regulations shall enter into force on 19 June 2024.