

Sauna Etiquette

for our guests

A relaxing visit for everyone!

BADEPARK.
ELMSHORN



Please bring:

- 2 large towels
- 1 bath towel
- bathrobe
- pool shoes
- shower items

Our etiquette: to ensure everyone enjoys their visit

A day at the sauna is wonderfully relaxing – especially when everyone is helpful and considerate towards each other.

These etiquette guidelines are an **excerpt from our house and pool rules**. They also give you an overview of how you can help ensure that everyone enjoys their time here.

Furthermore, our staff are always working for your wellbeing. They will remind you of our etiquette if necessary.

We’re always happy to answer any questions you may have!

Our tips for a relaxing sauna





Feel good
in body & mind

The feelgood factor

The most important thing is to **feel good and avoid stress**. Every day at the sauna is different because it depends on your mood at the time.

Real downtime

Take **your time** – to experience the **sauna properly**, you should plan to spend at least three hours here.

Showering & drying

You must **shower** before entering the sauna. Then dry yourself well, because dry skin sweats better. A **warm footbath** before entering the sauna further stimulates sweating.

Listen to your body

8 to 15 minutes in the heat is plenty. But even more important than time is how you **feel**. Lying down is most relaxing. But to get your circulation used to the upright position again, you should sit up **for the last two minutes**.

Cooling down

First go out into the fresh air to cool down – for example to our beautiful **sauna garden** or onto the **roof terrace**. Next, do your immune system a favour by taking a cool shower, or try the plunge pool or swimming pool.

Women only
every Tuesday









Warming up & immune defence

Once you've cooled down, a **footbath** helps you warm up again and fully **balances out your body temperature**. Further **cold water exposure** invigorates the blood vessels and strengthens your immune system.

Breaks

A visit to the sauna isn't physically strenuous, but it's good to take a break. Get comfy on the loungers in the **chill-out area**, read a book (feel free to check out our book swap shelf) or enjoy the wonderful weather in the **sauna garden**.

Good things come in threes

Three sauna sessions offer **optimal health benefits**. Any more than three has no further beneficial effect.

Drink plenty

Be sure to drink enough. **Water** is best for stimulating the **circulation**.



Just *let go*



Sauna etiquette for a relaxing visit

Hygiene

To optimally prepare your body for the sauna experience, shower and dry yourself thoroughly. In the saunas, **a large towel must be placed under all body parts for hygiene reasons** so that sweat and body parts do not come into contact with the wooden benches.

After each sauna session, a **refreshing shower** is recommended to restore the body's **balance**. Please shower before entering the plunge pool and swimming pool. We recommend wearing **pool shoes** outside the saunas. If you forget yours, check out our pool shop.

Nudity and covering up

Our saunas are a **nude area** because, as everybody knows, that's the best way to sweat. Swimwear may be worn in the sauna only on designated days.

You must be **covered up** on the **infrared benches**, in the **chill-out areas** and in the **sauna café** – simply wrap a towel around you or put on a bathrobe.

Important!
Remember that you **must wear swimwear** to enter the **swimming pool area**.

Relaxing and lounging

Enjoy a **break from the everyday noise** and breathe out! Our saunas are a place of quiet, rest and relaxation – please respect this by staying **quiet**.

Our **relaxation oases** have enough loungers for everyone – you do not need to reserve loungers. In particular when it's busy, our staff may clear reserved loungers so that everybody can find a nice spot.

Touching

Please refrain from any touching beyond kissing in the saunas – you can look forward to continuing later **in private**.

Food and drink

You should drink **plenty of water** to get your circulation going again after your sauna. We serve water and many other drinks in our **Sauna Boathouse Café**, where you can enjoy a delicious, varied menu.

You can enjoy your own food and drinks in the designated **pool picnic area**. Please note that glass is not permitted. You are not allowed to **bring alcoholic** drinks!

Smoking

The sauna complex is a **non-smoking area**. If you wish to smoke, please visit the **sauna garden** and use the **ashtrays**.

Mobile phones etc.

Take a day off and enjoy a **digital detox**: please keep devices such as smartphones and tablets in the changing rooms or in the lockers in the foyer. If you need your mobile phone for any reason or would like to read on it, feel free to do so in the large **chill-out area**. Please put it on **silent** so that you don't disturb anyone. Photography and filming are not permitted.

General conduct

Consideration and a warm, friendly manner are essential here. The sauna ritual of pouring fragrant essential oils over hot sauna stones is particularly important for many guests. This is carried out by trained staff and we put in a great deal of effort.

Therefore, we would ask you to **be especially quiet during this ritual**.

If there's an issue...

In the event of a difference in opinion, please allow us to discuss this with you **coolly and calmly**. Please don't lose your temper – we're all just here to relax. If you are unreasonable or repeatedly fail to follow instructions, our staff can apply the house rules.

Look forward to relaxing!

Our **extensive saunas** have something for everyone: a **classic Finnish sauna**, a **bio sauna with low temperatures** and the highlight: the **panorama sauna** overlooking the beautiful 1000 m² **sauna garden**. You can also recharge your batteries and boost your immune system in the **Turkish bath**, on the **infrared benches** and at the soothing **footbaths**.

Warm up and refresh body and mind with delicious food and drinks in the **Boathouse Café**. These can be enjoyed in the appealing interior or outside on the beautiful roof terrace.

Check out our website to find out more about our **opening hours, sauna evenings, essential oil rituals** and other offers.





All you need to know about our saunas

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