



# Responsible Use of Sauna, Steam Room, Ice Bath and Jacuzzi

To ensure a safe and enjoyable experience for all, please observe the following rules while using our facilities:

## **HEALTH & SAFETY**

- Guests with serious illnesses, heart conditions, high/low blood pressure, diabetes, respiratory conditions, or any medical condition affecting heat tolerance should not use the facilities.
- If you are taking medication for these conditions, consult your GP before use.
- Pregnant women are not advised to use the facilities.
- Maintain a sensible session limit of 5–15 minutes to avoid overheating.
- Prolonged bathing may cause nausea, dizziness, or fainting. If you experience any of these symptoms, alert staff immediately.

## **HYGIENE & ATTIRE**

- Shower thoroughly between each heat exposure.
- Appropriate swimwear must be worn at all times.
- Remove all jewellery before use to prevent accidents.

### Prohibited Items

- Glass containers, food, and beverages are not permitted in the facilities.
- Shaving creams, lotions, shampoo, and gel are prohibited in the Leisure suite (sauna, steam room, jacuzzi, ice bath).
- Glass bottles, razors, or sharp objects are strictly forbidden.
- Tampering with the thermostat is not allowed.

## **AGE RESTRICTIONS**

- Guests under 18 are not permitted to use the facilities.

## **BEHAVIOUR & COURTESY**

- Mobile phones, cameras, and recording devices are prohibited to maintain a relaxing environment.
- Please respect others and contribute to a calm, peaceful atmosphere.

Your cooperation helps us ensure a safe, comfortable, and enjoyable experience for all. Thank you for choosing Lír Spa & Health Club.