



# SWIMMING POOL AND BATHING AREA

(swimming-pool, sauna, Russian, Turkish baths, 2 whirlpool baths\*)

VISIT TO THE SWIMMING POOL AND BATHING AREA	ADULTS	CHILDREN (4-14 y.)	CHILDREN (under 4 m.)
VII-V (1,5 val.) / WORKING HOURS I-VII (10:00-22:00)	10 €	5 €	Free

\*From Friday 14 o'clock until Sunday 16 p'clock only the guests of the hotel are allowed to enter the swimming - pool and bathing complex.

## IMPORTANT!

Children under 14 years old are admitted only with adults.

Children up to 3 years old are prohibited to swim in the swimming-pool without special nappies.

\* The company reserves the right to change prices and conditions without a prior notice.

Regular visits to the sauna and Russian and steam baths help to strengthen the immune system, balance blood pressure, detoxify the body, and improve skin regenerative properties.

**Sauna** - A dry, hot bath. In a well-heated sauna, the air is dry, so the human body starts to heat up right away. This bath improves endurance and the coordination of movements, and has a calming effect.

**Russian bath** - Optimal bath temperature and humidity. This bath is perfect for the relaxation of tense muscles, improving endurance, opening skin pores, and improving blood circulation.

**Turkish steam bath** - Especially useful for people with respiratory problems due to the lower temperature and higher humidity ratio. This bath is recommended for those who have a hard time in hot, dry saunas. Perfect for toxin removal and stimulation of skin regeneration.

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Pool depth	140 cm
Pool length	12 m
Pool water temperature	26-29 °C
Water pH	7,0-7,3
Jacuzzi temperature	37-39 °C
Jacuzzi pH	7,0-7,3
Jacuzzi	cl/cl 0,5-1 mg/L
Turkish bath temperature	45-45 °C
Russian bath temperature	55-60 °C
Sauna temperature	85-95 °C

