

THE SPA

by METROPOL PALACE BELGRADE

STEAM ROOM RULES

The following rules are designed for your safety and convenience.

CAUTION

- All persons using the Steam room so at their own risk and sole responsibility.
The hotel accepts no liability for the injury, death or loss associated with the use of the pool, e.g. articles of clothing, valuables, etc.
- Anyone under 16 must be accompanied at all times by a person over 16 years of age.
Children aged 0-16 are allowed to use our services all day, from 7am to 11pm, which means there is no more time limit.
- Elderly or pregnant persons and those suffering from heart disease, diabetes, high or low blood pressure should not use the Steam room.
- Do not use while under the influence of alcohol, anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics or tranquilizers.
- Observe a reasonable time limit. 10 minutes or until perspiration begins is recommended. Shower and cool down, and if you wish, return for another brief stay.
- Please, before coming in, take a bath.
- Please use towels, one for safety and hygiene and another one to dry yourself.
- We recommend against wearing jewelery.
- Nudity is not acceptable in the Steam room.
- Please, take care when entering and exiting to not leave the door open for too long.
- Absolutely no glass is allowed in the Steam room.
- No shoes are allowed in the Steam room.
- No eating in the Steam room.
- No food is allowed.

Hours: 7:00 am to 11:00 pm.

In case of emergency, use phone marked **EMERGENCY**.

PRAVILNIK ZA KORIŠĆENJE PARNOG KUPATILA

Pravila su osmišljena radi vaše bezbednosti i užitka.

UPOZORENJE

- Koristite parno kupatilo na sopstvenu odgovornost!
Hotel ne prihvata odgovornost za bilo kakvu vrstu povrede ili gubitak dragocenosti koje su ostale u parnom kupatilu bez prethodnog ličnog nadzora.
- Deca mlađa od 16 godina mogu da koriste parno kupatilo u pratnji roditelja ili odraslih i pod stalnim nadzorom i odgovornosti.
- Ne preporučuje se korišćenje starijim osobama i trudnicama.
- Parne kupatilo ne smeju koristiti osobe koje pate od respiratornih oboljenja, raka, inkontinencije, akutne upale, akutne bubrežne bolesti, tuberkuloze, tromboze, teško proširenih vena, infektivnih bolesti, hipertireoza, epilepsije, srčane aritmije, febrilnog oboljenja, nekontrolisano visokog krvnog pritiska i iscrpljenosti.
- Zabranjeno korišćenje osobama pod uticajem alkohola, antikoagulanata, antihistaminika, vazokonstriktora, stimulansa, hipnotika, narkotika ili lekova za smirenje.
- Parne kupatilo ne smeju koristiti osobe sa visokom temperaturom, sa infekcijom kože i oni koji imaju otvorenu ranu.
- Obavezno je tuširanje pre ulaska u parno kupatilo.
- Preporučeni vremenski period korišćenja 10-15 minuta, uz rashlađivanje.
- Preporuka je da se pre ulaska u parno kupatilo skine sav nakit.
- Obavezno je nošenje kupaćeg kostima u parnom kupatilu.
- Voditi računa pri ulasku i izlasku iz parnog kupatila da vrata ne ostavljate dugo otvorena.
- Obavezno treba sedeti na peškiru a ne direktno na klupi-pločicama.
- U parnom kupatilu treba biti tih kako ne biste smetali ljudima pored vas.
- Zabranjeno korišćenje cipela u parnom kupatilu, ili slično.
- Hrana nije dozvoljena.

Radno vreme: 7:00 do 23:00.

U hitnim slučajevima koristite telefon sa oznakom **HITNO**.