



# SAUNA: Kayak Beach Bar

## Operating rules and booking conditions

### How to book a place in the sauna?

Via the online booking system at [www.kayakbeachbar.cz](http://www.kayakbeachbar.cz), where you can check if a place is available on the given day and time. You can also call the contact number.

The sauna can be booked for a minimum of 1 hour, and then for intervals of 30 min. The price for every 30 minutes is 100 CZK. You can borrow sheets and towels for 30 CZK per item.

Cancellation conditions for individual entries:

- More than 12 hours prior to booking - 100% refund in the form of a credit to the account in the booking system.
- Less than 12 hours before booking - 100% cancellation fee.

Reservations in private mode must be arranged by emailing [naplavka@kayakbeachbar.cz](mailto:naplavka@kayakbeachbar.cz). The price list for private sauna is 1 800 CZK for 90 minutes for up to 4 persons (additional 30 minutes 600 CZK), over 5 persons 3 000 CZK for 90 minutes (additional 30 minutes 1000 CZK). The reservation must be paid in advance on the basis of the issued invoice.

Cancellation policy for private reservations:

- More than 12 hours before booking - 100% refund in the form of a credit to the booking system account
- Less than 12 hours before booking - 100% cancellation fee.

Sauna visiting rules:

- Wash with soap before entering the sauna. Wash your hair only before the last session.
- Wipe the water from the surface of your body before entering the sauna.
- Bring only a sheet or towel to sit or lie on. It is inappropriate to sit as you would on a chair. This can lead to dizziness or headaches.
- In the sauna, spread a towel or sheet under your entire body, including your feet.
- Do not talk in the sauna, just relax.
- You can breathe through your nose and mouth in the sauna. Cover your nose and mouth with your hands if you feel the air burning when you breathe. Breathe at the normal rate you are used to.
- Leave the sauna after the recommended period of time or if you feel a burning sensation in your earlobes, tip of your nose or nipples.
- After warming up thoroughly, rinse off the sweat and cool down in the shower. We recommend cooling your head as well, or at least the nape of your neck.



- Stay in the relaxation room for at least 20 minutes. At this stage, do not forget to properly replenish fluids.
- Repeat the hot/cold procedure at least 3 times. After the last cool down, rinse with lukewarm water but do not use soap.

**KAYAK BEACH BAR - phone 737 502 506 /[www.kayakbeachbar.cz](http://www.kayakbeachbar.cz) /  
[naplavka@kayakbeachbar.cz](mailto:naplavka@kayakbeachbar.cz)**



# **HOT TUBE: Kayak Beach Bar**

## **Operating rules and booking conditions**

### **How to book a hot tub?**

Through the on-line booking system at [www.kayakbeachbar.cz](http://www.kayakbeachbar.cz), The hot tub can be booked for a minimum of 1 h. and then after 30 min. The price for each 30 minutes is 700 CZK. It is possible to rent a sheet and towel for 30 CZK per piece. In case you have any voucher, please make a reservation at [naplavka@kayakbeachbar.cz](mailto:naplavka@kayakbeachbar.cz).

The maximum possible occupancy of the whirlpool barrel is 6 people. The net time in the whirlpool barrel is always 10 minutes less than the time you booked. This time is used to clean and prepare the barrel for the next rental and to change clothes. Reservations can be made a minimum of 4 hours prior to booking, but preferably 1 day in advance.

Once your booking is confirmed, the hot tub will be blocked max 15min after the start of the booked time, in case of non-compliance with the date and time limit your booking will be cancelled without refund.

### **Cancellation fees:**

- More than 24h into the booking - 100% refund in the form of a credit to your account in the booking system.
- Less than 24h to the reservation - 100% cancellation fee.

### **Visiting rules of the whirlpool barrel:**

- Before entering the barrel, wash thoroughly with soap and take a shower.
- You are not allowed to enter with any oils or other oil-based creams and products.
- Maximum capacity is 6 people.
- The recommended temperature is 35° to 38°C.
- Persons under 18 years of age are not allowed to enter without adult supervision.
- Please bring only a towel and a sheet (slippers).
- Do not use glass or other objects inside the barrel that could get stuck in the water and subsequently get sucked into the filtration.
- Do not handle decorations or other items not needed for relaxation and do not light candles.
- Do not plug any holes in the barrel.
- It is strictly forbidden to engage in sexual play or consume intoxicating substances in the barrel.
- Self-consumption of food and drink is prohibited.
- Do not tamper with the keg or its thermo-cover.