

Sauna Rules

1 Purpose and Use of the Sauna

(1) These sauna rules are intended to supplement the main Baths and Bathing Regulations, ensuring safety, order and well-being for the benefit of all guests. By entering the facility the guest agrees to follow these rules.

(2) The purpose of the sauna is to promote its users health and ensure relaxation. Users should therefore follow the recommendations of the Deutsche Sauna-Bund (German Sauna Association) and .behave discreetly and quietly throughout the sauna area.

(3) Children aged under 16 must be accompanied by an adult.

(4) No clothes or body coverings may be used in the sauna area. Designated areas (e.g. relaxation rooms, café and restaurant areas) are governed by special rules.

(5) For reasons of hygiene and safety, bathing shoes must be worn. Bathing shoes must not be worn in the sauna itself and the steam baths.

(6) Users must refrain from all activities that run counter to the principles of general decency and to the maintenance of safety, calm and order. In particular, sexual harassment, including suggestive gestures, remarks and violations of personal space, is forbidden.

2 Conduct in the sauna facilities

(1) Inside the saunas and steam baths themselves, users must be nude.

(2) Users of loungers must wear a bathrobe or must place a sufficiently large towel on the lounger before lying down.

(3) A bathrobe or a dry bath towel which covers the body must be worn when using the restaurant/café area.

(4) Saunas with wooden benches may only be used with a sufficiently large sauna towel which matches the size of your body. Users must not to leave any sweat marks on the wooden components. Take your towels with you when leaving the sauna.

(5) For reasons of hygiene, wash down the seats of the steam baths using the water hoses supplied.

(6) Do not place any objects on the technical installations (e.g. heaters, lighting fixtures, sauna heating units including their protective grilles and measuring sensors).

(7) For reasons of mutual respect, loud conversations, wiping off sweat, brushing and scratching are not permitted in the saunas and steam baths. Embrocations/body scrubs with own products such as salt, honey, etc. are not permitted.

(8) Showers must be taken before using the saunas and steam baths, the cold water plunge pool or other bathing pools. For safety reasons and out of consideration for other sauna users, do not jump into the pools.

(9) Users should behave considerately and calmly in the relaxation rooms. Avoid making noise.

(10) It is not permitted to take photographs, record videos or make telephone calls anywhere in the sauna area. It is not permitted to bring onto the premises or use electronic media for taking photographs and/or recording videos (e.g. smartphones, tablets, e-book-readers, etc.), unless the guest covers the device's camera lens with a special sticker (available free of charge from BBF). BBF reserves the right to prohibit other items or types of behaviour as necessary.

3 Special notices

(1) Persons with health risks should check whether using a sauna presents a special risk for them.

(2) Special conditions generally exist in saunas and steam baths, such as higher room temperatures, dimmed lighting, stepped benches and different heat sources. These require users to be particularly careful. Do not touch the stoves or steam outlets. Do not cover, or otherwise tamper with, the temperature control equipment.

(3) Only sauna staff are permitted to pour water onto the stoves.

(4) Glass objects (including bottles) must not be used anywhere in the sauna area due to the risk of injury. Rubbish must be deposited in the receptacles provided.

(5) It is not permissible to consume your own food and drink in café and restaurant areas.

(6) Smoking is permitted only in the designated areas. This applies also to e-cigarettes. Hookahs are forbidden.

(7) Visitors must wash thoroughly before using the pools. Additional personal hygiene (shaving, nail cutting, hair dyeing, etc.) is not permitted for reasons of hygiene.

(8) Washing, rinsing or drying any kinds of textiles is not permitted anywhere in the sauna area.

(9) Do not apply any skincare products prior to entering plunge pools or using a lounger.

(10) Loungers and chairs must not be occupied permanently by towels, bags or other items. Any items placed on loungers and chairs will be removed by the staff if necessary.

(11) The foot-warming baths are strictly for warming your feet and stimulating the circulation. You must not wash your feet in these baths.