

# SAUNA & ICE BATH ROOM HOUSE RULES

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- Facilities are available for use from 6:00 AM to 9:00 PM.
- Sauna is always on between 6:00 AM to 11:00 AM. Between 11:00 AM to 9:00 PM, please call to operator (dial “0”) to request sauna being turned on. Please allow 45mins for the sauna to reach its temperature
- Guests under the age of 16 must be accompanied by an adult.
- Quick rinse first, please! Whether you’re here to sweat it out or chill to the core, a pre-shower keeps the vibes fresh.
- Keep the beauty routines outside – no shaving, lotions, or potions allowed in the hot or ice zones.
- **Sauna Room:** Stay hot for 15-20 minutes max, then step out and chill before hopping back in.
- **Ice Bath:** Dunk in for 1-3 minutes (brave souls can go up to 5!) – start slow and stay safe.
- Maintain a calm, quiet, and respectful environment.
- No eating or drinking in the room.
- Do not pour excessive water on the hot stones or splash water from the ice bath.
- Appropriate swimwear is required at all times.
- Phones and valuables? Let them chill in the lockers – heat and water aren’t their friends. Locker keys are available at the spa reception.
- **Post-Relax Rituals :**
  - Warm up slowly after your ice bath and sip some water to rehydrate.
  - Take a moment to bask in your refreshed glory before heading to your next adventure.
- Feeling woozy? Not feeling great? No worries – step out, cool off, and let our staff know if you need help.
- Use these facilities at your own risk – we’re here to provide luxury, not liability!

PEPPERS

SEMINYAK — BALI