

**Please familiarize yourself with the rules for using the services and facilities in the relaxation area of Simada Center guesthouse!**

**They are mandatory for all guests and ensure your safety.**

## **Opening Hours:**

1 May – 15 September – 09:00–21:30

16 September – 30 April – 09:00–19:30

## **Booking Required:**

- Please make your booking for the jacuzzi 24 hours in advance, and for the sauna and steam bath – 2 hours before use.
- Please note that by booking the sauna, steam bath, or jacuzzi, you do not reserve them for private use. The relaxation area is shared by all guests of the guest house.

## **Cleanliness and Hygiene**

- Using the showers before entering the facilities is mandatory.
- Wearing slippers and appropriate attire (swimsuit, bathrobe, or towel) is mandatory.
- Free bathrobes and towels for the sauna are provided upon booking the relaxation area.
- Always place a towel to sit on when using the sauna.
- Leave your slippers outside the sauna.

## **Safety:**

- The relaxation area of “Simada Center” Guest House may be used only by guests of the house.
- Maximum capacity of the sauna and steam bath – up to 4 people at a time.
- Maximum capacity of the jacuzzi – up to 6 people at a time.
- Children under 13 may use the jacuzzi and steam bath only when accompanied by an adult. The sauna may be used only by persons over 16.
- Bringing food, drinks, or glassware into the relaxation area is not allowed.
- Use of the relaxation area is not permitted for persons under the influence of alcohol or intoxicating substances.
- Smoking is strictly prohibited in the relaxation area! Any violation will be fined 100 BGN for each individual offense.
- In case of damage to any part of the relaxation area, the person responsible must pay for the damage immediately after leaving the zone, but in all cases before checking out of the guest house.
- Pets are not allowed in the relaxation area.
- Running in the relaxation area and jumping into the jacuzzi are not permitted.
- Loud conversations are discouraged. Please respect the peace and privacy of all visitors.
- Carrying mobile phones in the relaxation area is not recommended.

- The manager and staff of “Simada Center” Guest House are not responsible for any belongings left unattended in the relaxation area.

## **Sauna Usage Guidelines**

### **Do not use the sauna if:**

- You suffer from cardiovascular diseases or high blood pressure;
- You have severe digestive or respiratory problems;
- You have an unstable nervous system;
- You have consumed alcohol or medications such as anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics, or sedatives;
- You are under 16 years old;
- You are pregnant;
- You feel very tired, as this may cause dizziness or faintness;
- You have just exercised — take a short break to rest and cool down first.

The most important rule while in the sauna:

If at any moment you feel unwell, experience discomfort, nausea, dizziness, or any similar symptoms, leave the sauna immediately! Stay in the sauna only as long as you feel comfortable, but not longer than 20 minutes.

Use of the relaxation area by all adults is at their own responsibility, and by all minors – at the responsibility of their parents and/or accompanying adults.