

OPERATING INSTRUCTIONS Private Mini Spa

These Operating Instructions are binding on all operators and guests to the Private Mini Spa at Hotel International Brno.

1.0. INTRODUCTORY INFORMATION | CONTACT INFO AND OPENING HOURS

NAME: Private Mini Spa

ADDRESS: Hotel International Brno, Husova 200/16, 602 00 Brno, Czechia

CONTACT:

Front Desk phone: +420 542 122 111

E-mail: reservation@hotelinternational.cz

Web: <http://www.hotelinternational.cz>

OPERATED BY: Hotel International Brno, a.s.

ID: 46974571 Tax ID: CZ46974571

WELLNESS OPENING HOURS:

Monday to Sunday 9 am – 10 pm (hours may vary according to the schedule)

Location of Mini Spa operation: 10th floor

Private section: infrared saunas, shower, WC, whirlpool tub and adjoining relaxation area with loungers

Capacity: 1 up to 6 persons

WELLNESS WATER SOURCE: public water mains (supplies also water for showering)

HOUSE RULES APPLY FROM: 13 November 2023

DRAFTED BY: Hotel International Brno, a.s.

DATE: 11/2023

IMPORTANT PHONE NUMBERS:

Firefighters 150

Medical Rescue 155

Police 158

Integrated Rescue System 112

For first aid kit please ask at the Front Desk

2.0. GENERALLY APPLICABLE RULES FOR ALL ATTRACTIONS OF THE PRIVATE MINI SPA

- 2.1 When the capacity is full, no further visitors will be allowed to enter.
- 2.2 Minors under 18 may only enter the Mini Spa when accompanied by an adult.
- 2.3. No pets allowed.
- 2.4. The visitor is obliged to obey these Operating Instructions, and follow any instructions provided by the staff.
- 2.5 During the stay in the Mini Spa, the visitor is obliged to pay meticulous attention to hygiene and the use of sheets and towels.
- 2.6 Every visitor must take a shower before entering the infrared cabins or the whirlpool tub. It is forbidden to use creams and other cosmetic products. Visitors must use a towel as a sitting mat.
- 2.7 Extra care must be taken in all areas where visitors step on wet pavement, as there is a risk of slipping and potential injury.
- 2.8 Everyone should observe the principles of politeness and decency in their behaviour so as not to disturb others hotel guests. Quiet hours must be observed every night between 10 pm and 8 am.
- 2.9 The Mini Spa attractions are intended primarily for healthy persons, with each visitor using it at their own responsibility.
- 2.10. Persons suffering from vascular and cardiac diseases should consult their physician before using the attractions.
- 2.11. Persons suffering from symptoms of acute illness are not allowed to enter.
- 2.12. Persons suffering from communicable diseases are not allowed to enter.
- 2.13. Persons under the influence of alcohol or hallucinogens are not allowed to enter.
- 2.14. Patients suffering from diseases other than the above enter the Mini Spa at their own risk, even if they have sought prior medical advice.
- 2.15. Food and drinks are not allowed during the bath (this does not apply to the relaxing phase of the therapy).
- 2.16. Smoking and/or consumption of outside drinks and food are not allowed in any areas of the hotel and the Mini Spa.
- 2.17. Visitors must not arbitrarily move equipment, furniture, or manipulate the technical facilities.

5.0. In the event that a visitor disobeys the instructions of the hotel staff in charge, they may be asked to leave without refund.

3.0. DESCRIPTION OF THE FACILITY

The Private Mini Spa area includes two infrared saunas, cooling/cleaning shower, WC, private whirlpool tub connected to the relaxation area with loungers.

Maximum hosting capacity is 6 persons.

The Mini Spa area also features two balconies, one accessible from the bathroom, and the other from the relaxation area, equipped with lounge chairs and a coffee table.

Visitors must obey the provisions of the Mini Spa Operating Instructions.

4.0. DESCRIPTION OF INDIVIDUAL FEATURES

4.1. Infrared sauna

Permissible operating temperature: 40 – 60 °C (104 – 140 °F); recommended set point is 40°C / 104 °F).

Recommended time of stay: 30 – 40 minutes.

Sauna capacity: max. 2 seated persons in one cabin.

Number of recommended cycles: 1 cycle (one long sauna session is ideal for the body)

The biggest advantage of the sauna is that it can also be visited by cardiac patients, allergy sufferers, asthmatics, and it is also recommended to all those who are not comfortable with elevated temperatures. The infrared sauna has an air temperature between 38 and 40 °C (~100 and 104 °F), using heat generated by infrared heaters, which is more natural for your body and is absorbed by the tissues up to a depth of 4 cm (~1.6 inches). In the infrared sauna, visible sweating occurs only after 15 minutes, therefore the time spent in the sauna is recommended around 30 to 40 minutes. This time is long enough for the body to start detoxifying. It is not recommended to cool down immediately after the sauna session, ideally it is advisable to wait 5 to 10 minutes followed by a lukewarm shower without soap to avoid contamination of open pores that will close naturally with lukewarm water. Then continue to take a rest in the relaxation room for 20 to 30 minutes.

The infrared sauna is not suitable for pregnant, likely pregnant and/or breastfeeding women. In the infrared sauna, it is mandatory to sit on a chair, with your back towards the radiators; do not lean against the wood or glass side panels of the cabin. It is forbidden to leave towels, sheets and other flammable materials in the proximity of the heating elements. Do not splash water or other substances inside the cabin, as there is a risk of electrical shock. The use of any electric devices (including phones, CD and mp3 players) is also forbidden.

The control panel is inside the cabin with the following functions:

- On/Off – press and hold the button for 5 seconds
- Integrated MP3 player with volume control
- Optional LED lighting

4.2. Shower in the bathroom

Permissible operating temperature: according to the inlet water temperature

Recommended temperature: according to the inlet water temperature

Number of recommended cycles: 1 cycle – always after a sauna cycle or for washing

Capacity of each shower: 1 person

The user may choose the temperature of the water at their own discretion, mainly with regard to the actual need (such as warm shower to wash before entering the sauna, or sharp cooling during the cooling sauna cycle, or massage jet nozzle to enhance blood circulation, etc.). Care should be taken when entering, exiting and moving around the shower to avoid the increased risk of slipping.

4.3 Whirlpool tub

The whirlpool tub is operated with a water temperature between 35 and 37 °C (~95 and 99 °F).

The capacity of the tub is 3 seated persons.

The tub is equipped with water and air bubble underwater massage. The tub is operated by pressing the main switch on the wall (signposted) and then using the remote control – see the instructions on the holder.

4.4 Relaxation loungers

The heated relaxation loungers offer two temperature zones (36 – 38°C [~97 – 100 °F] in the back area, 30 – 32°C [~86 – 90 °F] in the upper leg area). Temperature is adjustable in 4

steps using the knob on the frame of the right leg of the lounge. The lounge also offers an ergonomically shaped reclining position and an adjustable neck support.

Control of the loungers

1. Plugged in. There is a button on the power line that must be switched to stand-by mode.
2. The control for the individual temperature settings is placed on the right side of the lounge frame. An orange indicator is lit when it is switched on.

5.0. Mini Spa cleaning

Sanitizers with biocidal, virucidal and fungicidal effects are used for cleaning. Toilets (including seats), shower areas and changing rooms are cleaned and disinfected as necessary, at least once a day during operation. The sanitizers used are rotated according to the active substance present and the set exposure time is observed to prevent the development of resistance in undesirable biological agents. All areas of the sauna are washed with water and detergent at least once a day, especially after the end of operation, and then disinfected. The floors are regularly (at least twice a day) wiped with clean water. Doors, washable parts of walls, dressing room lockers and other furniture is disinfected once a week. Litter bins are emptied, cleaned and disinfected daily. Cleaning aids are stored in the housekeeping storage room. Supervisor: Housekeeping Manager. A complete sanitation plan is an integral part of the operating scheme.

Whirlpool tub – private Mini Spa.

In the case of a whirlpool tub equipped with a hydro-massage circulation circuit, samples are taken with the circulation circuits switched on, after they have been running for at least 5 minutes. For microbiological analysis, one sample shall be taken at the inlet to the whirlpool and one mixed sample for chemical and one mixed sample for microbiological analysis from opposite sides of the tub. In order to ensure that the water quality requirements and the number of visitors per day are met, a minimum of 45-litre water exchange per visitor is provided by technical means. Water sampling and water quality indicators are provided by an accredited laboratory. The sampling cycle is set at once every two weeks. In the case of five consecutive error-free measurements, the cycle is extended to once per calendar month.