



TERMS & CONDITIONS EMOYA WELLNESS CENTRE

We strictly prohibit the use of alcohol and drugs, showering before use, sitting on towels, not using swimsuits in traditional saunas, removing jewelry to prevent burns, limiting session duration, and not dumping large amounts of water on the hot stones.

Patrons are expected to report any discomfort or health concerns to staff, move carefully on wet floors, and behave respectfully to others.

General Sauna Rules

- **Hygiene:** Wash thoroughly with soap before entering.
- **Attire:** Sit on a towel, and do not wear a swimsuit in traditional saunas or steam cabins.
- **Safety:** Remove jewelry to prevent burns. Move carefully on wet floors.
- **Prohibited items/substances:** Do not use essential oils without permission, and do not consume alcohol, smoke, or use drugs before or during use.
- **Etiquette:** Do not make excessive noise, abuse other members, or take photos of others.

Sauna Session Etiquette

- **Duration:** Limit your time in the sauna as recommended.
- **Water on stones:** Gently pour provided water over the hot stones for steam, but do not dump large quantities of water.
- **Exiting:** If you feel faint, lightheaded, or unwell, exit immediately and inform staff.
- **Emergency:** call reception staff in case of an accident, injury, or nausea.

Facility Policies

- **Refusal of service:** The facility reserves the right to refuse admission for any reason that poses a health or safety risk.
- **Damage:** You may be charged for willful damage to equipment or loss of lent items.
- **Children/Pets:** Children may be restricted to certain times or areas. Pets may have specific areas where they are allowed.

Ayurvedic Context

- **Consultation:** Before using an Ayurvedic program, consult with a professional if you have specific health issues, as some conditions may be contraindications.
- **Holistic Approach:** Ayurveda emphasizes lifestyle and behavior, so adhere to the guidelines to maintain balance and support your overall well-being.

- The sole purpose of all the website content and reviews is to provide information about the tradition of Ayurveda and other therapies. This information is not intended for use in the diagnosis, treatment, cure or prevention of any disease.

Emoya Wellness is not licensed medical facility and NO employees or therapist or consultant is a licensed medical doctor.