

Umvelt – Health and Safety Risks and Community Guidelines

HEALTH AND SAFETY RISKS

Temperature contrast therapy is a vigorous physical activity. All persons using the saunas, steam room, cold plunge, warm pool, and general spa facility do so at their own risk. If you have any reservations regarding use, such as medical conditions, underlying health problems, the use of prescription drugs or pregnancy, it is essential that you consult a physician before making a booking.

- Prolonged exposure to the sauna and steam room may cause your body to overheat. Limit your time to a maximum of ten minutes. Everyone is different, so pay attention to how your body feels. Overexposure to high temperatures and humidity can be dangerous to your health. Exit immediately if you feel nauseous, uncomfortable, dizzy, or sleepy.
- Saunas can reach temperatures of 180 degrees or more. Direct contact with the steam head/unit in our steam room, sauna rocks, or sauna heaters may cause serious injury. Any metal in the sauna or steam room will retain heat, and, therefore, it is not suggested to bring metal items into the heated rooms or use them during your sauna or steam sessions.
- **KEEP HYDRATED** Sweat bathing & hydrotherapy are dehydrating; you are responsible for personal hydration and maintaining safe electrolyte levels; drinking water is available inside.
- **SLIPPING IS A HAZARD.** Use care when entering or exiting the saunas, steam rooms, pools, and stairs. Due to moisture, the floors may be slippery and dangerous. Proper footwear is recommended at all times.
- Do not use the facility if you have recently consumed drugs or medications.

OTHER HEALTH CONCERNS

- You acknowledge the current public presence and contagious nature of Covid-19 and other common infectious diseases.
- The Company cannot guarantee that you will not become infected with Covid-19 or other common infectious diseases.

- If you have any health conditions (diabetes, heart conditions, anemia, high or low blood pressure) or are pregnant please first consult your physician before using the facility.
- If you have any active infections or any communicable diseases, please refrain from using the facility or receiving services. This includes diarrhea and open wounds/sores.
- If you feel dizzy, nauseated, or sustain an injury, immediately stop using the facility and notify a Company staff member.
- The steam room and saunas use various essential oils and salts. Please use these spaces at your own risk. Leave the room immediately if you have any adverse or allergic reaction, including difficulty breathing or eye, nasal, or throat irritation and notify a Company staff member.

COMMUNITY GUIDELINES

- All spa guests must be 18 years or older to use the facility and/or receive services.
- The Company enforces a strict zero-tolerance policy for harassment in all forms. Participants are strictly forbidden from making any inappropriate comments or gestures towards Company's employees, guests, third-party vendors, and any other individuals present in the facility. Threatening language, harassment, violence, racism, bullying, attacks on or intimidation of any party, including our community members or staff; malicious speech regarding topics of sexual orientation, gender, gender identity, age, ethnic origin or race, religion, nationality, disability, size, veteran status, marital status, sexist comments, or hate speech will not be tolerated.
- Discrimination against people based on race, color, ethnic origin, religion, disability, gender, gender identity, age, veteran status, marital status, nationality, sexual orientation, or any other characteristics protected under federal or local law will not be tolerated.
- In short, treat each other respectfully. The Company is a welcoming community where diversity is encouraged to thrive. Do not make fellow guests feel uncomfortable in any way. **You will be asked to leave and potentially banned from future services at Umvelt.**
- Please be mindful of others' personal space as well as your tone, volume, and conversation topics you choose to discuss.
- A cleansing shower is required before entering the spa area. Oils, perfumes, and lotions need to be cleansed from the skin before entering. Please wait to apply scents (deodorant, perfumes, oils, lotions, etc...) until you leave the facility.
- **No PDA (Public Displays of Affection)** - Sexual activity, lewd conduct, and open signs of affection are strictly prohibited within the facility.
- **NUDITY IS NOT PERMITTED.** Swimwear specifically marketed for swimming is required.
- Robes or street clothing are required while visiting the café.

- Smoking, E-cigarettes, and tobacco products of any kind are not permitted in our facility.
- Towels for sitting are required in the saunas. Please use them during your sessions to keep our shared spaces clean. Before sitting down, please place a towel on the benches to absorb any sweat or perspiration.
- The Company is not responsible for any lost or stolen items.
- If you are menstruating, we ask that you use a tampon before entering the pools.
- If you are under the influence of alcohol or narcotics, or exhibit any **inappropriate behavior** (spitting, profanity, derogatory statements, etc.) you will be asked to leave.
- No alcohol or outside food is allowed in the facility. Water, tea, or juice must be in a plastic or metal container with a lid. Glass containers are not permitted anywhere in our spa facilities. Glass from café or lounge areas must not be brought into any of the spa areas, including circulation space, locker rooms, showers, or the thermal areas.
- You agree to abide by all present and future policies, rules, and regulations adopted by the Company.
- If you choose to receive a spa service, you certify that you have no conditions that are contraindicated for or would be aggravated by massage or scrubs.
- The Company requires a X-hour notice for all appointment cancellations (See booking website for current cancellation policy). Failure to provide this notice will result in an automatic charge up to the full amount of the services canceled.
- Electronic devices are not allowed in the spa area. NO cell phones or computers of any kind. The Company will not be held liable for damages to any electronics brought onto our property. The Company will not be held liable for any injury to a customer or the Company's employee as the result of electronics brought onto company property.
- You agree to not create or share photography or videography of yourself, other customers, or the Company's employees while in the spa area. This includes the locker rooms, changing areas, showers, bathrooms, and thermal areas.