



Kingsford Hotel

M A N I L A

BY MEGAWORLD HOTELS & RESORTS

STEAM & SAUNA SAFETY GUIDELINES

- As this is a place of relaxation, soft voices are encouraged, and earphone must be used when playing music or videos.
- Guests under the age of 16 are not allowed inside.
- Allow yourself at least five minutes after exercising to cool down and shower before entering the sauna or steam room. Clean swim attire must be worn and participants are required to bring a towel to sit on when using the sauna or steam.
- Photography and videography within the area are strictly prohibited.
- Remove all metal jewelry prior to entering the steam or sauna.
- Pregnant women and persons suffering from heart disease, diabetes, high or low blood pressure, circulatory or respiratory problems, seizures or epilepsy, have any infectious skin disease / sores / wounds are not allowed to enter the steam or sauna without prior medical consultation and approval from the attending physician.
- Hotel Associates reserves the right to deny entry to a guest who appear to be under the influence of any type of alcohol or drugs.
- The surface of the rocks, heater and surrounding area can be extremely hot. Exercise caution.
- Prolonged use of sauna not recommended due to fatiguing effects. Limit yourself to a maximum of 15 minutes.
- Food, drinks and use of tobacco or nicotine products, including but not limited to smokeless tobacco and e-cigarettes are strictly prohibited.
- Drink plenty of fluids before and after leaving the sauna.
- Do not use the sauna to dry clothes, swimsuits or towels or place materials near the heater or guard fence.
- Newspapers, magazines, or other reading materials are prohibited.
- After using the sauna, participants must shower prior to entering the pool or whirlpool.
- The Hotel Management will not be liable for any loss, damage to property injury or death arising from the usage of the facilities in this area. Please immediately report any untoward observation to our Attendant.