

## RECOVERY CENTER HOUSE RULES

To ensure your comfort, safety and the serenity of all guests, please follow the following house rules:

### GENERAL USE

- \* Open daily : 7am – 9pm (last entry at 8:30pm)
- \* Sauna sessions : 15–20 minutes max
- \* Cold plunge : 2–3 minutes max
- \* Hot plunge : 10–15 minutes max
- \* Please take time to rest and hydrate between sessions
- \* Guests must be 16 years or older
- \* Access is for registered guests and wellness

### HEALTH & SAFETY

- \* If you're pregnant, have circulation issues, or other health concerns, please check with your doctor first.
- \* No alcohol or drug use before using the facilities.
- \* If you feel unwell or dizzy, please let our team know right away.
- \* Enter and exit the plunge pools slowly to avoid slips or shocks.
- \* Stay hydrated before and after your session.
- \* Always take time to cool down between sauna rounds

### HYGIENE

- \* Please shower before entering
- \* Swimwear and towels are required at all times
- \* Always sit or lay on a towel in the sauna
- \* No oils, lotions, perfumes, or sunscreen, please
- \* No shoes or sandals inside the sauna

### ETIQUETTE

- \* This is a quiet zone – keep voices low to maintain a peaceful vibe
- \* No diving, splashing, or disruptive behavior
- \* Please dry off before heading back to shared spaces
- \* Phones, cameras, and other devices are not allowed
- \* Be mindful of others space

### PRICE LIST

- \* Single entry : IDR 250,000 net
- \* Multiple entry in one day : IDR 300,000 net
  
- \* Multiple days entry : 3 days IDR 800,000 net  
5 days IDR 1,200,000 net
  
- \* Inclusions: towel, shower, access to cold plunge, hot plunge, and sauna.

### PROHIBITED

FOOD OR DRINKS INSIDE THE SAUNA.  
GROOMING (SHAVING, SCRUBBING, ETC).  
RESERVING SEATS.

Our team may check the area from time to time to ensure everyone's safe and comfortable. Anyone not following these rules may be asked to leave the space. Thanks for helping us keep the space calm and welcoming.

Hotel Komune Wellness Team