

# HOTEL KOMUNE RECOVERY CENTER

**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 MEMBERS ONLY

## HYGIENE

- PLEASE SHOWER BEFORE ENTERING
- SWIMWEAR AND TOWELS ARE REQUIRED AT ALL TIMES
- ALWAYS SIT OR LIE 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

## 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

## PROHIBITED

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

## PRICE LIST

- SINGLE ENTRY : IDR 200.000 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.

**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.**