



## FIRST TIME VISITOR'S GUIDE

1. Take note of your wristband number. This is the number for your shoe & full size lockers. (You'll need your wristband for appointments and purchases, as well!)



2. Remove shoes & socks at the red carpet.

3. Use the small key on your wristband to access your shoe locker. This is where you'll leave your shoes and socks.



4. Locate your full-size locker (based on your wristband#) in the men's/women's locker room. Simply push "start lock" button and tap the wristband on it to lock/unlock your locker.



## General Policies



- Outside food/drink is not allowed (empty, reusable water bottles are permitted). Food/drink cannot be brought into locker rooms, wet areas, or any co-ed rooms.

- Large bags, such as tote bags/gym bags are not allowed.

- Guests must be **barefoot** after checking in. Shoes & personal socks are not permitted anywhere past the check-in counter. (Approved grip socks are available for purchase)



- Guests must be completely nude & shower prior to entering hot/cold baths. Towels, bathing suits, or clothing of any kind may not be brought into the baths.

- **Phone/camera use is strictly prohibited in locker rooms & wet areas.** (Texas Penal Code 21.15)



- Provided uniforms must be worn outside the locker rooms at all times (unless checking out). Those without uniform are prohibited from going beyond the main lobby.

- Please limit phone use & general noise as a courtesy to fellow guests.



Thank you!



5. Depending on which facilities you'd like to enjoy first, feel free to either change into provided uniforms or disrobe.

6. Baths & dry/steam saunas are in the nude only area of the men's/women's locker room. \*Please note policies regarding showering nudity, and phone use in this area.\*



7. Head outside the locker rooms and go pass the Information Desk to find our co-ed facilities, such as the Himalayan Salt Room, Oxygen Room, & signature Bul-Ga-Ma. \*Please note policies such as dress code courtesy while enjoying these shared spa.

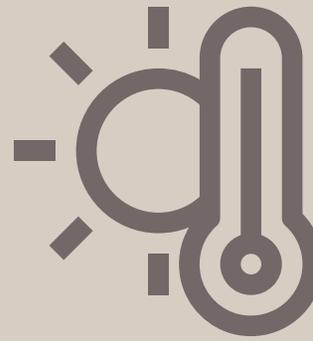
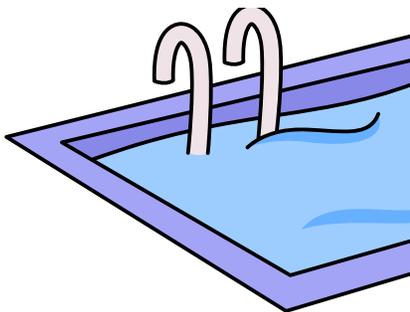


8. If you have a service appt, take note of its start time (feel free to ask if you forget!). For massages, head up the stairs by the Oxygen Room. Body scrubs are in the gender separated nude-only wet area.

9. When ready to check out, laundry bins are in the locker rooms for your uniform and towels. (Don't forget to grab your belongings & shoes!) We hope you enjoy your visit!

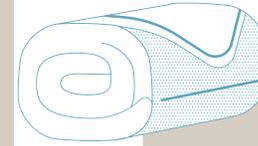
## Sauna

- Shower before entering the hot baths, immerse around 5-10min in the hot baths and relax
- Feel free to choose between the steam sauna or the dry sauna based on your preference
- Even though your skin will remain wet, you may become dehydrated in a steam room. Drink water before and after using
- Take warm-to-cold showers. Start with warm water and, after a few minutes, gradually drop the temperature.
- Immerse yourself in a cold bath, and stay submerged for only 10 to 15 minutes



## Co-Ed area Rooms

- Warm yourself in our low temperature salt/clay room for 5-10min
- Allow your body to cool down by drinking something refreshing, such as water
- Re-enter any sauna for another 10 minutes or so
- wash your body thoroughly(optional); cool down again with a glass of water
- Feel free to repeat these steps
- Cool down in our ice room, relax as long as you need to



Use cold towels to cool down your temperature!

**Rest at least 5 min in the lounge after each sauna room**



stay hydrated with water, refreshing drinks or herbal teas. Avoid alcohol and caffeine to prevent dehydration!

Don't forget to accompany with some snacks!

