



## Terms and conditions for the use of the balneological basin with sulfide water of a therapeutic nature in Aqua Park Zakopane

1. The balneological basin with sulfide water of a therapeutic nature is an integral part of the Aqua Park Zakopane facility, owned by POLSKIE TATRY S.A. based at 7c Droga do Białego Street in Zakopane.
2. When using the sulfide water basin, the provisions of the Aqua Park Zakopane Terms and Conditions and these Terms and Conditions apply.
3. Persons using the sulfide water basin are obliged to familiarize themselves with these Terms and Conditions, signs, information boards.
4. The balneological basin is filled with strongly mineralized sulfide water with Ph 7.6. Due to the slightly acidic water reaction (pH 7.6), the epidermis may be softened and rebuilt. This is the so-called keratoplastic effect, which supports, among others treatment of skin diseases such as psoriasis, seborrheic eczema, excessive skin keratosis or atopic dermatitis.  
**NOTE!** Bathing in sulfur water stimulates the skin receptors, which can cause a burning and itching sensation. Sulfide baths also have a regenerative effect on the articular cartilage, which is conducive to the treatment of rheumatic diseases, arthritis, rheumatoid arthritis, spine arthritis, discopathy and post-traumatic syndromes of the locomotive organs. Treatments with sulfide water also have a positive effect on the circulatory system due to their anti-atherosclerotic effect and also protect against vascular complications in the course of diabetes. The dissolved carbon dioxide contained in water has a positive effect on arterial hypertension, as a result of the effect on capillaries in the skin.
5. Due to the fact that Zakopane is located in a mountain climate zone, the terrace may be temporarily ice-bound or snowed.
6. Before entering, you should read both the indications and contraindications for the use of sulfide baths.
7. The balneological basin with sulfide water is recommended for people over 14 years old.
8. The use of the basin by minors only with the consent and under the care of their parents, legal guardians or group guardians.
9. Use of the balneological basin by persons with mental disorders and visible disability only under the care of an adult, guardian.
10. In case of any doubts, the stay in the sulfide water basin should be consulted with your family doctor or balneologist.
11. Before entering the basin (and before leaving the pool) with sulfide water, it is essential to use the showers and thoroughly wash your whole body under the showers.
12. The management of Aqua Park Zakopane reserves the right to close the sulfide water basin due to events independent of the administrator (e.g. bad weather conditions, etc.) without the possibility of reimbursement (especially if not switching off the pool would endanger the health of its users).
13. Detailed information:
  - The water temperature is 34-37 degrees Celsius
  - Depth: 88 cm
  - Installation area: 71.24 m<sup>2</sup>
  - Maximum number of persons: 40
  - The recommended bath time in sulfide water is 20-30 minutes.
  - The recommended break between baths is 60 minutes.
  - The frequency indicated daily or every other day. It is recommended to use the bath ten times over a period of 20 days.



14. In the balneological basin with sulfide water it is prohibited to:

- run, jump into a basin, make noise
- swim
- dive
- bring and consume alcoholic beverages, food, smoke
- be in a state of drinking alcohol or other substances affecting the nervous system
- bring into the sulfide basin objects that may react chemically with sulfide water /watches, jewelry and others/. The mineral composition of the water may cause discoloration of jewelry and swimwear.
- pollute water
- enter with the diseases indicated in point II - Contraindications.
- bring swimming equipment: swim rings, boards, etc.
- bring deckchairs on platforms and to jump out of the pool.
- bring in glass packaging, sharp tools.
- snow bath and return to the pool from outside.
- enter after applying sunscreen, peeling without washing your body first.
- conduct rehabilitation classes without the consent of the facility director.
- entry of children under 14 years of age
- if you feel unwell or if your health deteriorates, you must absolutely stop the balneological basin bathing session

15. The facility manager shall not be liable for any consequences resulting from failure to comply with the Terms and Conditions.

16. Persons who do not comply with the provisions of the Terms and Conditions, threaten other users with their behavior and do not react to the orders of the Water Rescue Service on duty may be warned or removed from the facility.

#### **I. Indications:**

- degenerative diseases of the joints and spine
- discopathy
- ischium
- rheumatoid arthritis
- post-traumatic conditions and musculoskeletal overload
- chronic skin diseases
- peripheral circulation disorders
- diabetes
- gout
- atherosclerosis
- neuralgia
- gynaecological diseases
- psoriasis
- mild to moderate hypertension

#### **II. Contraindications:**

- tuberculosis
- cancers
- febrile states



- high inflammatory process activity
- major circulatory insufficiency
- epilepsy
- pregnancy
- haemophilia
- jaundice
- dermatophytosis
- venereal diseases
- glaucoma with narrow seepage angle
- drastic decrease in immunity and susceptibility to infection during periods of high incidence
- open, difficult to heal wounds, e.g. in the course of "diabetic foot".

**NOTE:**

**As a result of the precipitation of mineral compounds and sulfides contained in water, a natural sediment may appear.**