

SAFE AND SERENE: WELLNESS STUDIO GUIDELINES FOR YOUR WELL-BEING

- 1. Before using any equipment, consult with a healthcare professional, especially if you have any medical conditions or concerns.**
- 2. Upon entering the wellness studio, please remove your shoes to maintain cleanliness and prevent slipping hazards in the designated areas.**
- 3. Stay hydrated during your sessions and avoid prolonged exposure to extreme temperatures to prevent dehydration or overheating.**
- 4. Ensure that the area around the wellness products is clean and dry to prevent slips and falls.**
- 5. Use caution when entering and exiting the cold plunge to avoid injury and shock due to the abrupt temperature change.**
- 6. Do not exceed the recommended duration for each wellness product to avoid overuse or potential harm.**
- 7. Pregnant individuals and those with specific medical conditions should consult their healthcare provider before using any of the wellness equipment.**
- 8. Avoid using the wellness products if you have open wounds, infections, or skin conditions that may be aggravated.**
- 9. Respect the personal space and privacy of other users in the wellness studio.**
- 10. In case of any discomfort, dizziness, or unusual symptoms during the sessions, stop using the equipment immediately and seek assistance if needed.**