



The Udara Spa provides the following facilities from 8am - 10pm:

- Finnish Sauna
- Steam Room
- Warm Water floating Pool (Watsu pool) with 35 degree warm water
- Ice Bath
- Swimming pool
- Jacuzzi
- Cold plunge pool
- Meditation Cave

Quiet Relaxation Space

As a place for healing and relaxation, please keep the Spa area as a Quiet Zone. Please avoid loud conversations and respect each other's space to ensure a relaxing environment for everyone.

Udara is an **Adults-only** resort and the minimum age of visiting the Spa facilities is 14 years old.

Shower

Please take a shower before using any of the pools, before and after each sauna round or steam room for hygiene reasons.

Activity Schedule

Please be aware that there are Water Yoga classes scheduled during the day as well as private Water Healing sessions. During these times, the warm water pool will be closed. Thanks for your understanding.

Steam Room

The Steam room operates on a timer of 90 minutes. In case it is off, please ask our Front desk staff to switch it on again. Within a few minutes, the steam will be back on.

Sauna & Cold Therapy Guidelines

- Please use swimwear in our spa facilities.
- Sit or lie down on a towel inside the Sauna to avoid sweat on the wood. Towels are available at the front desk.
- Sitting or lying on higher benches gives you more heat. Be careful when you stand up before going outside, as you might feel dizzy if you get up too quickly.
- We provide various aroma oil infusions. Shake the bottle before you pour the water on the stones on top of the stove, and be careful with the hot steam rising.
- Remember to take a shower before cooling off in the cold plunge pool (15-18 degrees) or ice bath (2-5 degrees).
- For an invigorating experience, ease yourself into the ice bath after a sauna session. Start with a short dips, gradually increasing your time up to 1-3 minutes, as you become accustomed to the cold. Focus on your slow and deep breathing with long exhalations, to manage the initial shock, and remember to listen to your body. This practice is excellent for stimulating circulation and boosting your immune system.
- It is recommended to do 2-3 rounds in the Sauna of 8-15 minutes each session, followed by a dip in the cold pool or ice bath after each round.
- Take a rest in between and after the sauna rounds and drink lots of water.
- Sauna and ice baths are not recommended for people who suffer from high blood pressure, circulatory disorders, diabetes, under influence of alcohol and for pregnant women. Please do not use the sauna if you feel unwell with a cold, fever or infection.

Beverages

Please do not bring any water glasses or glass water bottles into the spa area. If you bring your own tumbler, you can ask your staff at the pool bar to refill it with filtered drinking water.

Enjoy your Spa experience!