



Spa Facilities Guide

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

- Finnish Sauna
- Steam Room
- Infrared Sauna
- Warm Water floating Pool (Watsu pool, 35°C)
- Swimming pool
- Jacuzzi
- Cold plunge pool
- Ice Bath
- Meditation Cave

Spa Etiquette and Guidelines

- To maintain a healing environment, please keep the Spa area a **Quiet Zone**. Avoid loud conversations and respect the personal space of others.
- Udara is an **Adults-only** resort and the minimum age of visiting the Spa facilities is 14 years old.
- Please **take a shower before using any of the pools**, before and after each sauna round or steam room for hygiene reasons.
- Please use swimwear in our spa facilities.
- Beverages: Please **do not bring any water glasses or glass water bottles** into the spa area. Use the plastic glasses available at the pool bar. If you bring your own tumbler, you can ask your staff to refill it with filtered drinking water.
- Udara is designed to activate your senses and encourage mindfulness through purposefully **uneven and narrow pathways**. Please practice mindful walking and stay attentive to your surroundings while navigating the terrain.

Activity Schedule

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

Sauna & Steam Room Usage

- **The Steam Room:** Operates on a timer and is ready for use within a few minutes. Please ask our Front Desk staff to switch it on for you.
- **The Infrared Sauna** operates on a timer and the Front Desk staff will gladly switch it on for you. Please allow 10-15 minutes for it to reach full therapeutic power. For the best results, sit just a few centimeters from the panels with your back or sides facing them to allow the waves to penetrate deep into your tissues. The recommended time in the Infrared Sauna is 20-30 minutes.
- **Finnish Sauna:** We provide various aroma oil infusions. Please shake the bottle before pouring the water over the stones on top of the heater. Heat rises, so sitting on higher benches will be warmer. Please stand up slowly to avoid dizziness when exiting.
- **Towel Etiquette:** Always **sit or lie on a towel** inside the Finnish and Infrared Saunas to protect the wood from sweat. Towels are available at the front desk.

Cold Plunges and Ice Baths

- 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 dip, 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 Finnish Sauna of 8-15 minutes each session, or Infrared Sauna for 20-30 minutes 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.

Notes of Caution: 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.

Enjoy your Spa experience!