RULES AND REGULATIONS FOR USING THE SOLARIUM

1. Persons using the solarium undergo the treatment on their own risk and liability and are also obliged to make themselves familiar with these rules and regulations, to follow them and to observe the orders of the personnel of the Farmers Rehabilitation Center KRUS NIWA.

2. Before using the solarium, please report to the solarium service employee.

3. Only one person can remain in the solarium room, except for the service employee.

4. The solarium can be used by:
   - adults,
   - minors not younger than 16 years.

5. Before tanning, wash the makeup, perfumes and balsams away. Take off your jewelry.

6. Due to the care for the safety and health of our customers, it is forbidden to use cosmetics not intended for solarium.

7. People wearing contact lenses should take them off before tanning.

8. Always wear protective glasses in the solarium. Simply closing your eyes does not protect against UV rays which can damage the eye lens.

9. Do not tan when your skin is wet.

10. Tanning in the solarium can be done only once a day. A 48 hours break is recommended before the first and the second tanning session. After 10 session, a 4 days break in tanning is recommended.

11. The solarium must not be used by people:
   - under the influence of alcohol or intoxicating substances,
   - with skin disorder conditions, cut wounds, prone to hemorrhages, or for other causes excluded from tanning.

12. The solarium is not recommended to people:
   - with circulatory disorders (hypertension, heart disease, circulation disorders, etc.),
   - who suffered from heart disease,
   - suffering from epilepsy,
   - suffering from diabetes,
   - with thyroid disorders,
   - taking antibiotics, vitamins, hormones, herbal medicine and treatment containing extract from hypericum, treated with hormones, sulfonamides, etc.
   - with skin diseases, with skin warts or pigmentation changes, prone to skin discolorations,
   - after aesthetic dermatology treatments,
   - with skin type one (light complexion, very sensitive),
   - pregnant women,
   - who underwent X-ray before,
   - allergic to UV rays,
   - with rosacea and proneness to blood vessels rupture,
- during menstruation.
13. Each defect of the equipment must be immediately reported to the service personnel.
14. Persons violating public order or provisions of these rules and regulations shall be removed from the solarium without the right to reimbursement.
15. The Rules and Regulations have been approved by the Director of the Center.