

SOP – Aufguss Sessions (Sauna Premium Aroma therapy)

NATO Staff Centre – Pool Department

1. Before the Session

- SWIMSUIT AND TOWEL are **mandatory**.
- Shower required before each session.
- No pool access without shower beforehand.

2. Welcome by the Aufguss Coach

- Coach checks participant list.
- Late arrivals redirected to reception.
- Rules reminder: silence, leave if uncomfortable, towel under body, hydrate before/after.

3. Session Procedure

- Duration: approx. 10–15 minutes.
- Use of heat diffusion and personalized aromatherapy.
- Essential oils with relaxing or energizing effects.

4. Benefits & Added Value

i These premium sessions, in an exclusive small group (6 people), combine the sensory dimension of heat and fragrance rituals, the institutional expertise of guided supervision, and the scientifically demonstrated physiological benefits. They merge targeted aromatherapy with controlled heat variations to awaken the senses, calm the mind, stimulate thermoregulation, and support the production of protective cellular proteins. Offered at under €10, they provide an experience usually reserved for luxury spas, made accessible to all in a professional and secure setting.

- Personalized aromatherapy: body-mind harmony.
- Controlled heat variations: deep sweating, thermoregulation.
- Cellular benefits: HSP protein production, tissue repair and protection.
- Systemic effects: benefits for nervous, endocrine, immune, and lymphatic systems.

5. End of the Session

- Closing thanks.
- Hydration and mandatory shower before accessing other facilities.  Communication – Safety

6. Safety remains a top priority for Wellbeing Services

- An informative poster with details on temperatures, hydration, shower requirements and guidance in case of discomfort is already displayed next to the sauna and hammam.
- Each session is supervised by a trained coach, able to report and handle incidents immediately.
- Lifeguards on duty are available as back-up to provide rapid medical assistance if required.

To ensure transparency and risk mitigation:

- Aufguss and Hammam Scrub sessions may present risks for certain individuals (blood pressure, heart conditions, asthma, allergies to essential oils, etc.).
- A clear disclaimer will be included in the course description on the Hi5 Connect app: by registering, members confirm they are aware of these risks and accept the terms and conditions.
- Members with existing health concerns are strongly advised to consult their doctor before participating.
- Disclaimer of liability: Hi5 cannot be held responsible for accidents related to undeclared medical conditions.
- Members are free to leave the session at any time in case of discomfort. Once they exit, re-entry will not be allowed.
- We stress the importance of listening to your body and gradually adapting to this type of thermal treatment.

7. Booking & Payment

- Members book their spot via the Hi5 Connect app or at the reception.
- Capacity is limited to 6 participants per session.
- Payment is by card only.

Prices:

Until 31/12/2025 :

- Single session : 5€
- 10 session card : 47,5€
- NO ACCESS WITH GC MEMBERSHIP

From 01/01/2026

- Single session: €9
- 10-session card: €80
- Duo session (Premium Sauna + Hammam Scrub): €14