

SPA ETIQUETTE

To get the most out of your stay at the spa, please read the following guidelines and recommendations.

- ❖ Book your procedures well in advance and adhere to the timetable as well as the specified order. Please arrive at the spa reception 10 minutes in advance to comfortably prepare yourself.
- ❖ Most of the procedures require removal of clothing, and the therapist will cover you with a sheet exposing the area they are focusing on. You can wear a bathing suit, but note that they will be exposed to oils, creams and other products.
- ❖ Please inform staff about any health restrictions that need to be taken into account during procedures.
- ❖ Do not hesitate to tell the therapist your wishes, like to adjust the strength of the massage or the choice of massage products used during the whole procedure.
- ❖ After the procedure, take time to relax to achieve maximum effect.
- ❖ It is not recommended to drink alcohol or stay in the sun during the whole treatment.
- ❖ The spa is open to both men and women.
- ❖ Only swimming suits according to European standard are allowed in the pool.
- ❖ On the other hand, the sauna is accessible without a swimsuit and bed sheets are available to cover with, which are available by the pool or directly in the sauna section.
- ❖ Smoking is forbidden in all spa areas. Perfumes are not recommended.
- ❖ Jewelry, cell phones, and other valuables do not belong to the spa, please leave them in the safe in your room.
- ❖ Quiet heals, so please be calm and considerate with regards to other guests.
- ❖ Observe the instructions of the personnel and do not interfere with the instrument settings.
- ❖ Children under 12 years old are only allowed to enter the spa until 18.00.
- ❖ Access to the sauna section is permitted for persons over 16 years of age.

Thank you for adhering to the rules in the spa and we wish you a pleasant stay.