



## **Regulations and access to the wellness area**

### **Opening hours:**

- The wellness area is accessible from 11:00am to 08:00pm.
- Each session has a mandatory duration of 90 minutes.
- The Hotel reserves the right to suspend the use of the wellness area at any time for any cleaning or extraordinary maintenance.

### **Access to the wellness area:**

- The services of the wellness area are **only available upon advance booking** at least 24 hours before the start of the session concerned.
- The reservation can be cancelled free of charge up to 8 hours before the start of the session, otherwise a penalty of 100% of amount will be applied.
- In order to respect other guests, we ask punctuality in the time of entry and exit from wellness area. In case of delays, it will not be possible to extend the session for free.
- No refunds will be made if the booked session ends earlier.
- Access to the wellness area is prohibited for children under the age of 16.
- Access to the wellness area is allowed to a maximum of 4 people per session.
- It is mandatory to sign a release certifying the good health of those who use the services of the wellness area.

### **General rules:**

- People using the wellness area are responsible for their own safety.
- It is forbidden to smoke (electronic cigarettes included), eat and drink (except products included), and to introduce glasses and glass bottles in the wellness area.
- For everyone's safety, please refrain from interfering with anyone else's use of the spa equipment.
- To fully enjoy the benefits of the wellness area, we do not recommend using mobile phones and please keep a low voice tone.
- It is mandatory to wear the bathrobe and slippers provided on arrival.
- Under no circumstances you will be able to access the wellness area with your own clothes or shoes.
- In case of doubts, complaints and emergencies, please contact the information desk or Reception immediately at number 9.
- Please store your valuables safely in the lockers in the changing rooms and pay maximum attention to their care.
- It is absolutely forbidden to shave or do any other cleaning operation inside the spa and in any case in the changing rooms.
- All users are invited to report behaviours that are different from the indications of the regulation in order to take action.
- It is forbidden to move any accessory of the sauna and Turkish bath as well as tamper with the functionality in any way.
- The Hotel Management assumes no responsibility for loss, theft or damage of personal items brought into the wellness area and disclaims all liability for the consequences arising from non-compliance with this Regulation and/or staff recommendations.



### **Rules for accessing the sauna:**

- It is not recommended to wear swimsuits or other synthetic clothing inside the sauna.
- Before entering the sauna, please bring a terry towel, wrap yourself in a towel and do not use slippers.
- Due to the high temperatures, we invite you to spread the towel on the wooden benches and avoid touching them with your body for hygiene reasons.
- It is not recommended to wear or bring metallic objects into the sauna (necklaces, earrings, bracelets, watches). It is necessary to remove contact lenses and it is forbidden to enter with newspapers, books, drinks, food and chewing gum.
- It is advisable to keep the doors of the sauna well closed, and report any malfunctions to the staff.
- The time spent in the sauna can vary from 10 to 15 minutes. Before starting the session it is advisable to take a hot shower to dilate the pores beforehand and get used to the high temperatures of the cabin. At the end of the session it is suggested to take a cold shower for at least 30 seconds. The cycle can be repeated taking into account the maximum duration of the booked session.
- Never enter the cabin on a full stomach or after drinking coffee or other exciting drinks (tea, cola or similar), because they cause an increase in heart rate. Vasodilation causes a decrease in blood pressure. Therefore, it is advisable to stand up slowly and, once out of the sauna, lie down for a few minutes on the loungers.
- Finally, it is advisable to replenish the mineral salts lost through sweat by drinking herbal teas or fruit juices.
- Please avoid using the sauna in the case of cardiac pathologies, epilepsy, skin and venereal diseases, in the presence of wounds that have not yet healed, or during pregnancy.

### **Rules for accessing the Turkish bath:**

- Before entering the Turkish bath, please bring a bathing suit and slippers.
- For hygiene reasons, it is advisable to wash the benches with the hand shower before and after each session.
- It is not recommended to wear or bring metallic objects into the sauna (necklaces, earrings, bracelets, watches). It is necessary to remove contact lenses and it is forbidden to enter with newspapers, books, drinks, food and chewing gum.
- It is advisable to keep the doors of the sauna well closed, and report any malfunctions to the staff.
- The time spent in the Turkish bath is approximately 15 minutes and then it is advisable to take a cold shower for at least 30 seconds, followed by a relaxation phase of 20 minutes.
- The cycle can be repeated taking into account the maximum duration of the booked session.
- It is necessary to pay close attention to the maximum heat tolerance time which varies from subject to subject. If you experience throbbing in your temples during your Turkish bath session, please stop using it and exit immediately.
- Never enter the cabin on a full stomach or after drinking coffee or other stimulating drinks (tea, cola or similar), because these cause an increase in heart rate.
- Finally, it is advisable to replenish the mineral salts lost through sweat by taking herbal teas or fruit juices.
- The Turkish bath is contraindicated when the body is particularly weak, in the presence of cardiovascular disorders, skin or venereal diseases, in the presence of wounds that have not yet healed, or during pregnancy.