



*General rules:*

*For the sake of comfort, safety and proper rest of all our guests, we ask you to always follow the following rules:*

- \*Smoking on the territory of the SPA - Center is strictly prohibited.*
- \*Use of mobile phones in the customer areas is not permitted. Please leave your mobile phones turned off inside your locker. This is the time when your body and mind ought to be free from everyday stress and worry.*
- \*Children under 16 are not permitted to enter the gym or use the Spa facilities unaccompanied.*
- \*Please leave your valuables inside your locker. The Spa centre is not responsible for any of the guests' lost or damaged personal items.*
- \*It is not permitted to bring in any food or drinks into the Spa centre during your stay. Food and drinks are available in all recreational areas, as well as at our Vitamin Bar /behind the main spa reception/.*
- \*If you have a gift voucher, please make a reservation in advance. Please bring with you the voucher on the day of the treatment in order to present it at the spa reception.*
- \*Bathrobes and slippers must be worn in all common areas, and a bathing suit is mandatory in all thermal rooms, as well as during sunbathing.*
- \*Always use the showers before going into the swimming pool as well as between usages of the thermal rooms.*
- \*When inside the saunas, there always has to be a towel on the bench.*
- \*Do not put oils or other products in the water bucket in the sauna before talking to a member of our team.*
- \*Do not leave toiletries in the shower areas.*
- \*Put all used towels in the baskets provided for this purpose.*

*During the procedure:*

- \*Please, come prepared 10 minutes before the treatment itself, so that you can be looked after by our therapist at the appointed time.*
- \*Time lost due to a delay will lead to a shortening or change in the procedure without monetary compensation.*
- \*During your chosen treatments, in the treatment rooms, you have to be in your underwear or in your swimsuit.*
- \*For some treatments you will be given special underwear for single use and you will be covered by a towel the entire time.*
- \*During the procedures, you should tell your therapist whether you are feeling well or not, whether you are hot or cold, and whether the pressure you are exerting is weak or too strong.*
- \*If you have any injuries or have special /medical/ conditions, you need to inform your therapist about it. They can offer you the appropriate facilities during the treatment in order to improve your well-being.*
- \* We recommend that you consume lots of liquids after using our thermal treatments, while avoiding the consumption of alcohol and coffee.*

