



# SPA & GYM RULES AND REGULATIONS

The gym is open every day from 7am to 8pm.

SPA, sauna, ice room and steam bath  
are open every day from 9am to 8pm.

## RESERVATIONS

We recommend reserving your treatments in advance in order to secure your preferred time according to your schedule. All treatments and packages are subject to availability. Our qualified staff is always available to provide further information and assist you in choosing the most suitable treatment.

Please visit the SPA on the 3<sup>rd</sup> floor or dial 712 from your room to make a reservation.

## TREATMENTS

Please arrive 10 minutes prior to your scheduled treatment, allowing you to relax and start your treatment on time. Please go to the SPA on the 3<sup>rd</sup> floor, even if your treatment is reserved for the SPA Suite.

Your therapist will come there to pick you up and accompany you to the suite.

## PRIVACY

During the treatment, your therapist will respect your privacy and focus only on the parts of your body requiring attention. Please inform him/her of your preferences and expectations, and advise if you experience any discomfort or pain.

Let your therapist know if you wish to concentrate on specific areas, avoid certain zones, or adjust the massage pressure, music volume, or room temperature at any time.

## LATE ARRIVAL

Late arrival may limit the time allotted to your treatment. As a courtesy to all guests, treatments are completed as scheduled. In case of delayed arrival, the full price of the scheduled treatment will be charged.

## CANCELLATIONS

Please notify the SPA or the Hotel Reception at least 5 hours in advance if you need to cancel or reschedule your appointments. Any cancellation with a shorter notice will result in a 50% fee being charged.

No shows will be charged at full price.

## **AGE**

To ensure serenity for all our guests, children under the age of 16 are not permitted in the SPA at any time.

## **HEALTH**

If you are taking any form of medication or you suffer from heart conditions, high or low blood pressure, epilepsy, diabetes or asthma, or in case you are pregnant, please notify a member of staff before using the gym or SPA facilities or when you book a treatment.

## **NOISE**

In order not to disturb the guests in the treatment rooms, please make as little noise as possible and do not use your mobile phone in the SPA.

## **FOOD AND BEVERAGE**

Only food or beverages served at the gym or in the SPA are permitted.

## **LOST & DAMAGED PERSONAL PROPERTY OR PERSONAL INJURIES**

The hotel shall not be held responsible or liable for any loss, damage or personal injury to guests visiting the gym and SPA.

## **WHAT TO WEAR**

Please wear appropriate clothing and footwear in the gym and SPA.

## **SAUNA, ICE ROOM & STEAM BATH**

Please be aware that the sauna, ice room and steam room are mixed gender. We therefore kindly ask you to wear a bathing suit or a towel at all times.

LE **SIRENUSE** 1951

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