

## **General Rules**

## Wellness area

- The wellness centre is a place for relaxation and quiet.
- Access is only allowed with clean slippers.
- The wellness area is reserved exclusively to guests over the age of 18 years.
- It is compulsory to wear a swimming costume in all areas of the wellness centre with the exception of the saunas.
- It is not allowed to bring food and drinks into the wellness area.
- Leave all mobile phones in the changing room or in your room so that you can switch off and free your mind completely.
- We recommend that you leave all jewellery and watches in your room so that they do not get lost or damaged.

## Sauna area

- We advise against accessing the saunas in case of fever, angina and epilepsy. In case of those who suffer from venous or heart pathologies or those relating to blood circulation, we invite you to use them with caution.
- It is compulsory to take a shower prior to entering the sauna.
- Entrance is without costume and slippers, making sole use of the specific towels which can be found in your room.

## Pool

- We advise using the pool at least three hours after consuming a meal.
- Prior to entering the water it is compulsory to take a shower.
- Entrance is forbidden to minors under the age of 12 years not accompanied by an adult.
- It is severely forbidden: to dive, play ball and use the sun beds in an inappropriate manner.