

# THE GOLDEN RULES OF THE SPA

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In the case of cancellation, please give us at least 24 hours' notice.

We recommend that you arrive 10 minutes before your treatment time. If you are late, your treatment will be shortened.

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Please inform us of any medical antecedents before using our facilities.

Are you pregnant? Please let us know.

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The sauna and Mediterranean cabin are not recommended for people with cardiovascular problems, or for those who have consumed alcoholic beverages.

Our wellness centre aims purely at wellness and therefore does not offer medical therapy.

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For reasons of hygiene and safety, we strongly recommend that you wear slippers.

Swimwear must be worn in the swimming pool and relaxation areas. Swimwear is not obligatory in the sauna and Mediterranean cabin.

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**For children:**

- a. Between the ages of 6 and 12: access authorised as part of the Complicity ritual, accompanied by an adult.
- b. Between the ages of 12 and 15: authorised access to the thermal baths, accompanied by an adult.
- c. 16 years and over: access to all facilities.

Children under 12 staying at the hotel have access to the swimming pool between 6pm and 8pm, with an adult.

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The Spa is a centre of well-being and relaxation where zenitude and calm must reign.

The management declines all responsibility in the event of loss or theft.

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LE SPA

ESTHÉTIQUE & BIEN-ÊTRE