

# ALBERGO CELIDE & SPA

**Hot preparatory shower with neutral soap to remove body and face creams, hair gel, make-up**

**Steam bath / maximum recommended time 20 minutes**

Enter the cabin with the body wet, rinse bench with the handheld shower provided, before and after permanence in the steam bath. Leave slippers outside the cabin

**Breeze**

Cold mist aromatized with mint

**Cold shower**

Refresh the body starting with the right foot, moving up towards the head. Repeat the operation starting with the left foot

**Rest / 15 minutes**

Lying down and well covered in the relaxation area, drink a cup of herbal tea or water

**Finnish sauna / maximum recommended time 15 minutes**

Enter the cabin with the body dry; lie down or sit on a terry towel. Leave slippers outside the cabin

**Breeze**

Cold mist aromatized with mint

**Cold shower**

Refresh the body starting with the right foot, moving up towards the head. Repeat the operation starting with the left foot

**Rest / 20 minutes**

Lying down and well covered in the relaxation area, drink a cup of herbal tea or water

**Bath in hydro tub / maximum recommended time 15-20 minutes**

**In the steam bath, self-treatments with cosmetic salts aromatized with spice or white musk essential oils are available to guests**

**Important**

Recommended times for permanence inside the steam bath and the Finnish sauna may be reduced based on personal heat endurance. On the contrary, we recommend not to exceed the times indicated in the spa path.

## SPA RULES

### TRANQUILLITY

Our customers are kindly requested to maintain a behaviour coherent with our commitment to offer an ambience conducive to harmony and relaxation. Please speak in moderate, sedated tones, avoid running and the use of mobile phones.

### HYGIENE AND SAFETY

Our guests may access the wellness centre wearing the bathrobe and slippers supplied upon arrival.

Under no circumstances may customers enter wearing different apparel or shoes.

Before accessing the wellness centre and the baths, it is compulsory to take a warm shower to remove body and face creams, hair gel, make-up. Guests are also requested to use the stairways to access the hydro baths, both upon entering and leaving. For obvious reasons, guests are requested not to bring food near the baths or in the spa cabins of the wellness centre. We also request that guests do not bring glasses and glass bottles inside the wellness centre.

### MINORS

Entry to the SPA is not allowed people under 18 years old.

Children between 14 and 17 years old are welcomed in the baths area if accompanied by an adult.

We ask parents to look after their children and to let them respect the tranquillity of the common areas.

### RECOMMENDATIONS

For a correct use of the Finnish sauna, we recommend taking a hot preparatory shower, entering the cabin with the body dry, lying or sitting on a terry towel. For a correct use of the steam bath, we recommend taking a hot preparatory shower and entering the cabin with the body wet.

To maintain the proper temperature and humidity inside the cabins, doors must be kept tightly closed.

Guests cannot access the Finnish sauna and the steam baths wearing slippers.

In all the cabins of the wellness centre, for guests who wish to wear a bathing suit, we recommend: for women, a simple model, if possible, with no applications of any material other than Lycra or cotton; for men, bathing trunks.

### HOURS AND APPOINTMENTS

In order to avoid unpleasant setbacks, please respect the wellness centre's opening hours as well as recommended permanence times inside the cabins. The wellness centre's personnel is at your disposal for any clarifications you may require. In case of rain, the wellness centre reserves the possibility of anticipating opening times. Please follow these norms attentively, for your comfort and that of others.

Transgressions may be kindly asked to leave the wellness centre.