

WELLNESS CENTRE RULES

We need your cooperation to ensure the tranquility and relax in the wellness area!

There are some indication based on a common sense and mutual respect.

Thanks for your collaboration.

Our SPA is a place of great harmony and relax, so please speak softly for the respect of all guests and do not use mobile phones.

General regulation:

- Minors are not allowed; 16-year-old and older allowed only accompanied by parents who assumes the responsibilities and ensure the respect of this rules.
- It is required the use of the swimsuit cap and slippers in the pool;
- Don't enter the sauna or other cabins without having taken a hot shower.
- It is recommended to rinse your feet in the foot-washing basin before entering the pool.
- It is not allowed to bring oils, salts, honey, products and accessories of any kind.
- Soft drinks in glass containers and cans are not permitted.
- Alcoholic beverages are not permitted.
- It is not allowed the access to persons not in perfect physical and hygienic condition.
- It is recommended not take within the wellness backpacks, bags or bulky bags.
- It is forbidden to run, jump or play.
- For your and our safety the area is under video surveillance, (no permanent record of the data).
- The recommendation of the staff responsible for the wellness-area must be respected, otherwise, those who do not comply with the general rules will be asked to leave the area.

Sauna

- The access is allowed to children under 18 only if accompanied by parents
- It is not recommended to use the sauna in case of fever, epilepsy, critical heart or circulators conditions , for people who have contagious diseases, or skin inflammation, during pregnancy, during the menstrual cycle and during the age of development.
- Slippers and flip flops must be left outside the sauna.
- please use a towel to sit down in the Sauna
- The average duration of a session should be of no more than 15 minutes.
No more than 12 people are allowed at the same time.
- In Sauna it is advisable to keep silence.

Hotel Orso Grigio

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Relax zone

- Leave the loungers in the relax zone free from personal effects, this will allow a regular rotation of people who want to relax.

Salty Room

- Prepare and calmly enter the room "stress-free".
- Electronic devices are not allowed (mobile phones, laptops, video games, etc.), excluding music players with headphones.
- Food and drinks are not allowed in the salty room
- Please wear comfortable clothes and do not use perfume before the session.
- For the benefit of all users it is prohibited:
 - to touch the walls of the room
 - to take the salt out of the room.
- During the session, please observe silence.
- The access is allowed to children only if accompanied by parents

The wellness area is open from Sunday to Friday from 16.30 to 19.00 by appointment.

Close on Saturday, for maintenance and sanitation.

Our staff is always at your disposal to offer you the best stay and to give you all the information on the proper use of the equipment and the benefits of the treatments.

Please also inform the center-staff for any health problems, allergies or if pregnant.

The Direction

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