

Spa Guidelines

The following guide will help you make the most of your treatment or spa package:-

1. To help you unwind, please shower before you visit the spa.
2. Light meals are best before treatments.
3. It's a good idea to arrive 15 minutes before the start of your treatment, giving you enough time to complete a brief health questionnaire.
4. Keep your body hydrated. Drinking water is available in the spa.
5. The spa is a tranquil place. Please switch off mobile phones and leave them safely in your locker, and talk quietly.
6. Jewellery should be removed and left in your locker.
7. Feel free to ask your therapist about the treatments you are receiving.
8. If you are taking medication, are recovering from an operation or are pregnant, it is advisable to consult your doctor before embarking on any treatment or programme.
9. Some medical conditions may exclude you from certain treatments or thermal suite experiences. Our therapists will be happy to advise.
10. Enjoy yourself!

Day Spa –Towels, robes and slippers will be provided for day spa guests. Swimsuits must be worn in the thermal suite at all times.