

WELLNESS & SPA

Wellness & Spa is a relaxation area where all the people (guests and staff) must be respected. For this reason and in order to be able to use and enjoy the facilities, **the following rules have been established:**

IT IS NOT ALLOWED TO ACCESS...

- Photo cameras.
- Floats, inflatables or objects that can be dangerous (sharp, glass, metal or any other materials that can fall or break and injure someone).
- Animals.
- Food or drinks.
- People with any type of plaster or bandages.
- People with any type of wounds or sutures.
- People with infectious diseases like flu, colds or any others.
- It is not allowed to use mobile phones inside the area.
- Jewelry, and other personal effects, such as earrings, glasses, watches, etc. (since due to the composition and methods of water treatment, they can suffer deterioration).

TO ACCESS THE WELLNESS AREA...

- Swimwear:
 - Men: Boxer or slip.
 - Women: Bikini or bathing suit.
- Swimming cap is required in the Spa. Hats, headscarves, shower caps or others are not allowed.
- Towels, bathrobes, slippers and personal belongings may only be left in the areas designated for this purpose.
- Bags, toilet bags or accessories are not allowed in the water zone.
- Trainers, T-shirt and towel must be worn in the Gym area.

INSIDE THE FACILITIES...

- It is mandatory to shower before and after using each installation, service, effect, etc.
- Physical exercise other than those scheduled is not allowed.
- It is not allowed to shave or perform any other personal hygiene outside the enabled places for that purpose.
- It is not allowed to run or jump into the pool.
- Pools can only be accessed by the enabled zones and respecting other users fully.
- Please be silent, respect the rules and facilities of the centre.
- Please follow the recommendations of each installation and service. In case of doubt, please consult our staff.
- Please leave the water zone twenty minutes before the closing time.

- The company is not responsible for the loss or subtraction of the objects deposited in the lockers which, in any case, will be used for the deposit of jewellery, money or valuables.
- The lockers should be left free when leaving the centre.
- The company is not responsible for the consequences of misuse of the installations (hits, slips, etc.)
- The centre reserves the right of admission.

CONTRAINDICATIONS ...

- Cardiac, peripheral vascular and severe respiratory pathology.
- Open wounds.
- Suffering from some type of infection that can be spread: flu, colds or others.
- Severe hepatic disorders.
- Acute diseases that occur with or without fever.
- States of severe weakness.

RECOMMENDATIONS...

- Do not use the facilities without having respected the rest time after a meal.
- Discouraged in the first trimester of pregnancy or if there is a history of preterm delivery or other possible complications.
- We ask all our customers to make good use of the facilities.

We look forward to welcoming you at our Promenade Wellness & Spa centre to share a dream with you.

