# Wellness centre & Spa Acquaviva

## General regulation

## Privacy and relax

Acquaviva is a relaxing and calm place. Please respect the privacy and serenity of the other guests: please do not use mobiles or other electronic devices, speak quietly in the different areas of the wellness centre, in order to respect the serenity and the wellness of everyone.

## Hygiene and smoking

An accurate personal hygiene is appreciated and recommended before every treatment and any service. We encourage you not to use body lotions, shampoo, or other bath products.

Smoking is not allowed in the wellness centre.

### Food and drinks

It is not allowed to introduce food and drinks in the wellness centre, unless they are already in the infusion area. Please eat and drink in moderation and avoid alcoholic drinks before services in the wellness centre, exercises, heat treatment, sauna and bath.

### Jewellery and valuables

Please do not wear bracelets, necklaces, rings and other accessories. Please leave valuable objects in the room's safe. We decline every responsibility for any loss.

### Bathrobe and sauna towel:

If you need a *towel change*, please give it to the staff of the wellness centre and ask for its replacement for free. If you need a *bathrobe change*, please give it to the staff of wellness centre and ask for its paid replacement.

### State of health

We would like to remind you that some equipment may have side effects if used in a state of ill health. The staff is available for clarification on the correct method of use.



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# Swimming pool and saunas regulation

## Clothing

You can access to the swimming pool with swimsuit, slippers, bathrobe or pool towel; the elevator will bring you directly to the entrance of the wellness centre. If you don't have them, you can buy them at our shop. It is mandatory to use the towel that you will find in your room, to sit or lay down in the saunas.

#### Children

Children, who love to play with water, do not properly fit with guests who want to enjoy the wellness centre as an oasis of tranquillity. For this reason, our little guests under 12 years old can only access to the swimming pool until 5:00 pm, accompanied by a parent.

#### Behaviour

It is strictly forbidden to dive, to run and to speak loudly disturbing other guests. It is not allowed to introduce any objects of any kind (balls, air beds, ...) in the swimming pool. Please note that the indoor swimming pool has a maximum height of 150 cm. Please note that outdoor swimming pool has a maximum height of 160 cm.

## Hygiene and health

Before entering the swimming pool, it is mandatory to have a shower and to use antifungal foot. It is recommended to wait 3 hours after eating before getting into the water. We recommend you to dry properly before leaving the swimming pool, avoiding in this way to slip on the floor. We suggest using the swim cap for higher hygiene.

### Sauna "Over 16" Lower Floor

Please access to herbal sauna and to steam bath with swimsuit and towel. Slippers are to be left outside saunas.

### Saunas "Adults Only" Upper Floor

To use the upper floor saunas please follow the rule of not wearing swimsuit and cover with the towel provided. Slippers are to be left outside saunas.

#### Doors

We ask you to keep the doors closed to prevent heat and beneficial steam dispersion.

