

GENERAL RULES TO BE FOLLOWED IN THE MAESTRANZA SPA AREA

***Prohibited:**

- Children below the age of 16 years without an adult.
- Shaving in the changing room.
- Bathing without bathing costume or adequate swimwear.
- Shouting and disturbing the peaceful environment of this relaxation area.
- Eating food and drinking alcohol.
- Entering this area under the effects of alcohol.
- Smoking.
- *It ' s obligatory to use adequate footwear.

SPECIFIC RULES TO BE FOLLOWED IN THE SAUNA AND TURKISH BATH

- Take a shower before and after to use it.
- Towels must be used.
- The door must be closed upon entering and exiting.
- Pregnant women and those who suffer from cardiovascular problems and high/low blood pressure, infectious diseases, contagious dermatological problems are not allowed to use these facilities.....

SPECIFIC RULES TO BE FOLLOWED IN THE JACUZZI

- Users must shower before entering.
- Guests may not remain more than 15 minutes at any one time in the jacuzzi.
- Pregnant women and those who suffer from cardiovascular problems and high/low Blood pressure, infectious diseases, contagious dermatological problems are not allowed to use these facilities.....

SPECIFIC RULES TO BE FOLLOWED IN THE GYM

- No admission under 14 years old.
- Sports clothes must be used.
- T-shirts must be worn at all time.
- Towels and sport shoes must be used.
- All equipment must be returned to their place after use.
- It is prohibited to use wet clothes.

***Please consult the staff at the spa if you have any queries.
The management don ' t take responsibility of the consequence produces for the failure or this rules.**