

Rules Of The Center

The coexistence and harmony among all who benefit should be main objective.

The use of facilities implies acceptance of existing standards.

- ❖ The circuit is not suitable for children under 14 years.
- ❖ Smoking, eating and drinking is absolutely forbidden throughout the centre, including the locker room.
- ❖ The amount of treatments must be paid at time of booking or 24 hrs. before of them, never after having done it.
- ❖ Using cameras or camcorder, as well as radio or mobile phones is forbidden.
- ❖ Please do not jump or run in swimming pools and pay attention when walking to avoid slipping.
- ❖ Keep the voice tone right, remember that this is a centre of relaxation.
- ❖ It is essential drying oneself before entering the sauna, and to sit on the towel.
- ❖ Because of diverse nationalities and customs, please use the bikini or swimsuit complete.
- ❖ If you are pregnant or have any health problems please, tell it at reception desk.
- ❖ When finished, the towels, slippers and locker keys must be delivered at the reception, as well as the card to enter at the hydrothermal circuit

Meet basic standards of morality and good practices helps us all to enjoy in harmony of the center

Important Note

In the following cases we advice not to use the Termal treatment:

- ❖ Surgery within the last three months.
- ❖ Acute illness in that period of time.
- ❖ An just occured accident, which involved the brain vessels or you just suffered from a transient ischemic attack (TIA), then you must wait at least 6 months.
- ❖ When you just suffered from an infarction or have an unstable angina, then you must wait at least 6 months
- ❖ An irregular Arterial hypertension.
- ❖ Serious liver or kidney problems
- ❖ Cardiac insufficiency.
- ❖ Immundeficiency.
- ❖ Cancer, unless it has already been treated, it is not active and you have a good state of health.
- ❖ Pregnancy: First and third trimester. We contradict jets at the abdomen and the sauna.
- ❖ Advanced osterporosis.
- ❖ Cachexie and extreme weakness.
- ❖ Mental illness and dementia