



WIOSKA ZDROWIA

SPA REGULATIONS

1. The SPA is an area of silence and relaxation.
2. Children under 16 years of age are allowed in the SPA only when accompanied by an adult. Persons using treatments should be at least 16 years of age or have written permission from their legal guardian. Massages may only be used by adults.
3. The following are prohibited in the SPA area: smoking, drinking alcohol, bringing in glass containers, chewing gum, consumption of food.
4. All valuables can be left in the safe - information at the reception.
5. Staff are not responsible for items left in the SPA area.
6. Please do not use MP3, cameras or mobile phones in the SPA area.
7. Persons will not be admitted to the SPA:
 - whose condition indicates consumption of alcohol or other intoxicants,
 - with open wounds and inflammation of the skin,
 - with signs of dangerous diseases,
 - whose behaviour poses a danger to other spa guests and staff,,
 - whose state of hygiene deviates from generally accepted standards.
8. Persons violating public order or the regulations of the SPA will be removed from the facility without reimbursement of the admission cost incurred.
9. Quietness is obligatory on the premises of the SPA. Spa staff have the right to ask out persons who do not conform to the rules of silence or who in any way cause discomfort to other guests.
10. Spa guests with medical conditions including, but not limited to: diabetes, heart disease, high or low blood pressure and those taking anticoagulants, antihistamines, sedatives or beta-blockers and pregnant women should consult a doctor before using the Spa services. Healing Village Łubinowe Wzgórze is not responsible for any health consequences caused by the use of the SPA.
11. For your own safety and the safety of others, the above rules should be adhered to.
12. Healing Village Łubinowe Wzgórze is not liable for any damage resulting from non-compliance with the above Rules.

GENERAL SPA RULES:

1. Drink plenty of still water before, after and between treatments.
2. Avoid heavy meals one hour before your scheduled spa visit.
3. Inform us of any ailments that may affect the correct course of your treatment.
4. Sauna use should take place before cosmetic treatments.

SAUNA REGULATIONS:

1. Elderly people, pregnant women, people with heart problems, diabetics, people with high blood pressure, people with rosacea and/or vascular skin should not use the sauna.
2. The use of the sauna should not exceed 10 minutes. After using the sauna, take a shower and rest. The session may be repeated.
3. Before entering the sauna, please remove your jewellery. Please sit on a towel in the sauna.
4. The use of essential oils and scented bouquets in the sauna is prohibited.
5. Drying of personal belongings and towels in the sauna is not permitted.

RULES:

1. Please arrive for your treatment 5 minutes before your appointment time.
2. People living in the main building are asked to come to the treatment wearing a dressing bathrobe and flip-flops. If you live in other buildings and to people from outside - a SPA employee will indicate a place to change and leave clothes. Treatment linen is prepared in the treatment room.
3. In the event of a no-show for a booked treatment (without cancellation at least 12 hours in advance), a charge of 50% of the value of the booked service will be levied.
4. In the event of lateness for a treatment, the lateness time is deducted from the total treatment time.