



# PALACE WELLNESS

## ETIQUETTE

### RESPECTING THE PEACE

We kindly ask for your cooperation with respecting the desire for tranquility within ›Palace Wellness‹. Restful zones are positioned on the left side of the pool area. Active zones are positioned on the right side of the pool area.

### ADULTS ONLY

›Palace Spa / Wet Zone‹ and ›Fitness Center‹ are adult only zones (age permission above 16 years).

### ATTIRE

For your convenience you may arrive at ›Palace Wellness‹ wearing your bathrobe and slippers provided in your room. Alternatively, you may use our changing rooms and lockers for your personal belongings. Wardrobes with safes are also available upon request. The ›Palace Spa / Wet Zone‹ is the only clothing optional zone withing ›Palace Wellness‹.

Sports attire and sports shoes are required within the ›Fitness Centre‹. Outdoor footwear is not permitted in the ›Palace Spa / Wet Zone‹ and indoor pool areas.

### POLICIES AND ADVICE

Each body is unique in age, fitness, size and weight. Although we have guidelines for use of the therapies, we urge you to pay attention to your own health condition. Please consult your medical practitioner for advice on what stimulating or heat therapies, massages and treatments are suitable for you prior to using our facilities. Pregnancy, varicose veins, high blood pressure, the use of some medication, infections including colds and flue, fever and even sensitive skin are some of the conditions which are contraindicative to the use of saunas, steam baths and stimulating therapies.

Please note that we require 24 hour notice for changing or cancelling any bookings for services provided by ›Palace Wellness‹. Without this prior notification a full charge of the service will be imposed. We thank you for your kind understanding as this allows us to better service the demands of scheduled appointments for our guests.