



General rules

To enjoy these facilities, we kindly request you to read these norms and conditions for a correct use:

- ❖ We try to provide an environment of peace and harmony, we kindly ask you maintain silence and to respect the moment of relax and wellness of the other guests.
- ❖ We recommend you leave your belongings in the lockers; ROSAMAR hotel is NOT responsible for theft and/or loss.
- ❖ These lockers are for public use only and cannot be reserved.
- ❖ It is not allowed the use of towels of the room in Gym & SPA

SPA CIRCUIT

- ✓ It is mandatory to shower before entering to the pool or sauna in the showers of the SPA circuit.
- ✓ The use of a swimsuit, towel, flip-flops and bathing cap are obligatory (throughout the SPA facilities),
- ✓ We recommend the use of a towel in the Sauna, on benches and on the sunbeds.
- ✓ It is FORBIDDEN to smoke (throughout the facilities)
- ✓ It is not allowed to enter food and alcoholic beverages.
- ✓ For your safety it is forbidden to run or dive in the swimming pool.
- ✓ **CHILDREN** under the age of 14 have to be supervised by an adult and can only access the SPA circuit in the times established for children. (Consult us the timetable)
- ✓ Each adult can only supervise a **maximum** of 3 children.
- ✓ Children under the age of 3 will access the thermal circuit only with an appropriate swim diaper.
- ✓ We recommend you ask the SPA RECEPCIONIST for any contraindications for the use of the thermal circuit and inform them if you have any health problems, if you're pregnant and if you feel sick or dizzy.
- ✓ Please follow the instructions of our staff, who have to follow the rules and have the right to deny access to the facilities to anyone who doesn't obey these rules.
- ✓ The session of the SPA circuit will be of a maximum of 60 minutes (continuous)
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GIMNASIUM

- ✓ The entry and exit will ALWAYS be through the SPA RECEPTION with the proper ticket (external customer), wristband (all inclusive) or room card (hotel guest).
- ✓ Children **under the age of 14** are not allowed.
- ✓ It is mandatory to use clothes and footwear exclusive for the gym.
- ✓ It is mandatory to use a towel while working out. It is not allowed the use of towels of the room.
- ✓ It is FORBIDDEN to smoke (throughout the facilities)
- ✓ It is not allowed to enter food and alcoholic beverages.
- ✓ All users have to clean the machines and put back the weights after using them.
- ✓ The equipment has to be used correctly. If you have any doubts please ask in SPA Reception

¡Thank you!