

# THE SPA

AT AGHADOE

## etiquette

### ARRIVAL TIMES

Please arrive 15 minutes before you treatment time (or one hour before should you wish to use the Thermal Suite), to allow adequate time to check in, fill out the necessary forms and change into your robe and slippers.

Please understand that a late arrival may result in a reduction of treatment time as a courtesy to our next guest.

### ETIQUETTE

Our spa is a place of peace and tranquillity available to 18 yrs + only and our treatment menu is non gender specific. Please respect the privacy and solitude of other guests by speaking softly. Please do not bring your mobile phone into our thermal, treatment or relaxation areas.

### BOOKINGS & CANCELLATIONS

Spa bookings are subject to availability and must be guaranteed with a credit card. Please allow a minimum of 72 hours notice to change or cancel treatments without charge. Cancellations within 48 hours will incur a 50% charge. Cancellations within 24 hours or 'no-shows' will incur the full cost of treatments booked.

### ATTIRE & PERSONAL BELONGINGS

Robes and slippers are provided for all our hotel guests in their rooms. Day guests will be provided with gowns and slippers on arrival. Disposable underwear will be provided for use for all of our body treatments. Please bring your bathing costume for use in our Thermal Suite. Please ensure to collect all personal belongings from your locker or robe before leaving as the spa are not responsible for any personal items left behind in a robe or locker.

### HEALTH CONCERNS

When making your reservation please advise us of any health conditions, allergies or injuries that could affect your service. You will be asked to complete a health assessment prior to your treatment so that we may ensure your comfort and safety. Certain treatments may be contra indicated for expectant and nursing mothers. We have specially designed treatments for expectant and nursing mothers. Please allow our skilled Spa staff to guide you in selecting the treatments most suitable for you during this special time.