

SPA USAGE

GENERAL SAFETY RULES

Access to the Spa is prohibited for children not accompanied by a responsible adult. Its use is very strongly discouraged under 6 years old.

No one can use the spa alone (minimum 2 people).

Pregnant women, people with obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, diabetes, should not use the Spa without medical advice.

Do not use the Spa if you have an open wound, you have an eye disease, you suffer from severe burns (or sunburn), or if you have an infectious disease.

Use of drugs, alcohol, or certain medications (including tranquilizers, anticoagulants or antihistamines) before or during Spa use may result in loss of consciousness or heart problems due to hyperthermia.

Do not use the Spa after a lot of effort. Wait 30 minutes for the body to calm down.

Do not use the Spa after a good meal. Wait at least 60 minutes for digestion.

Do not run or jostle in the Spa: the non-slip floor has its limits! Do not splash the floor ...

HYGIENE RULES

It is imperative to **take off your shoes** at the entrance, before using the cloakroom on your right.

No food, no drinks in the spa, except water (recommended with the sauna).

Take a shower before using the hot tub (not necessary before the sauna).

Do not introduce cream, oil or any other product into the hot tub.

Protect the benches and the sauna floor from perspiration with towels.

Pets are obviously not allowed in the Spa.

HOURS

Please respect the schedules carefully so that we can prepare the Spa for the following ones.

SAUNA

In an infrared sauna, the body is heated directly by the rays; It is not necessary to preheat the sauna (just 5 minutes to heat up the plates). The air does not become particularly hot but you can open the door to ventilate if necessary.

The goal is to perspire to remove toxins, but it is necessary to rehydrate (mineral water before, during and after). The ideal is to continuously compensate for dehydration.

Note: tap water is drinkable.

Take a session of 15 to 30 minutes maximum.

Take a warm (or cold) shower after the sauna to cleanse your skin and relax for a few minutes.

Do not touch transmitters with fingers or objects.

Do not spill water or other liquids into the sauna and do not use a wet towel.

Operation : Touch the sauna start key (red). Set the power at your convenience (normally 70%) with the up / down arrows. Start the heating with the key at the top right. The heater stops after 30 minutes, but you can manually switch it off earlier. Switch on the ceiling light with the left arrow. You can choose a music source with the key at the top left, then use the arrows for the settings. If the sauna is in "Lock" mode, you can unlock it by touching the start key again.

JACUZZI (HOT TUB)

Be careful not to slip in or out of the Jacuzzi ! **Avoid splashing the floor !**

In principle, we set the temperature between 33°C (if it is very hot outside) and 35°C normally. In practice, a temperature of 33°C is more relaxing and allows you to enjoy it for a long time.

For temperatures above 37°C, pay attention to the risk of hyperthermia, which may cause drowsiness, loss of consciousness and drowning. Never exceed 40°C and only for short sessions of 10 minutes. Do not exceed 35°C maximum with children.

Operation : Press the **Jets 1**, **Jets 2** and **Blower** buttons if desired. The pressure of the jets is regulated by the large black buttons on the edges of the jacuzzi. They run for 15 minutes.

Press the **Light** button as many times as necessary to obtain the desired color.

The **Mode** button must not be used!

The temperature variation is very slow; do not set the temperature yourself with the up or down arrows. Please advise us of the desired temperature when booking.

Attention : the jacuzzi may make you want to urinate, let the children go to the toilet before ...